

Mood Questionnaire



Dr. Keesha
HEALING FROM THE INSIDE OUT

Nutritional Recovery from Mood Disorders

STEP ONE: Take the Mood Questionnaire

Knowing what neurotransmitters are being impacted is the first step to fixing them. This is your first step to recovery from:

- Anxiety
- Panic
- Insomnia
- Depression
- Irritability
- Lack of Focus
- Low Libido

Your scores in each of the five sections of this questionnaire (based on the work of Julia Ross) will identify which of your brain's hormones are not communicating well.

Mood Questionnaire

TYPE 1: LOW IN SEROTONIN

Select any symptom that applies to you and then calculate your score.

☐ Are you under a dark cloud?

☐ Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?

☐ Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?

☐ Are you often worried and anxious?

☐ Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?

☐ Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?

☐ Are you apt to be irritable, impatient, edgy, or angry?

☐ Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?

☐ Are you hyperactive, restless, can't slow down or turn your brain off?

☐ Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?

☐ Do you have facial or body tics, or Tourette's?

- ☐ Do you get PMS or menopausal moodiness (tears, anger, depression)?
- ☐ Do you hate hot weather?
- ☐ Are you a night owl, or do you often find it hard to get to sleep, even though you want to?
- ☐ Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
- ☐ Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
- ☐ Do you find relief from any of the above symptoms through exercise?
- ☐ Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?
- ☐ Have you had suicidal thoughts or plans?

TYPE 2: LOW IN NOREPINEPHRIN OR THYROID

Select any symptom that applies to you and then calculate your score.

- ☐ Are you suffering from the blahs?
- ☐ Do you often feel depressed - the flat, bored, apathetic kind?
- ☐ Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
- ☐ Is your drive, enthusiasm, and motivation quota on the low side?
- ☐ Do you have difficulty focusing or concentrating?

☐ Are you easily chilled? Do you have cold hands or feet?

☐ Do you tend to put on weight too easily?

☐ Do you feel the need to get more alert and motivated by consuming a lot of coffee or other “uppers” like sugar, diet soda, smart drinks, Adderall, meth, or cocaine?

TYPE 3: LOW IN GABA OR CORTISOL

Select any symptom that applies to you and then calculate your score.

☐ Is stress your problem?

☐ Do you often feel overworked, pressured, or dead lined?

☐ Do you have trouble relaxing, loosening up, or getting to sleep?

☐ Does your body tend to be stiff, uptight, tense?

☐ Are you easily upset, frustrated, or snappy under stress?

☐ Do you often feel overwhelmed or as though you just can't get it all done?

☐ Do you feel weak or shaky at times?

☐ Are you sensitive to bright light, noise, or chemical fumes? Do you need to wear dark glasses a lot?

☐ Do you feel significantly worse if you skip meals or go too long without eating?

☐ Do you use tobacco, alcohol, food, or drugs to relax and calm down?

TYPE 4: LOW IN ENDORPHIN

Select any symptom that applies to you and then calculate your score.

- ☐ Are you too sensitive for life's pain?

- ☐ Do you consider yourself or do others consider you to be very sensitive?
Does emotional pain, or perhaps physical pain, really get to you?

- ☐ Do you tear up or cry easily - for instance, even during TV commercials?

- ☐ Do you tend to avoid dealing with painful issues?

- ☐ Do you find it hard to get over losses or get through grieving?

- ☐ Have you been through a great deal of physical or emotional pain?

- ☐ Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats like chocolate, bread or other foods, wine, lattes, romance novels, marijuana, tobacco, or oxycontin?

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STEP TWO: THE NEXT STEPS

- Score each question with a **number from 0-10**, with zero being no symptoms and 10 being the most severe.
- **The sections with scores of > 10** will need further investigation.

Dr. Keesha will offer urinary neurotransmitter, adrenal and hormone testing as well as genetic testing to get to the root cause of your imbalances. She will also put together an individualized neurotransmitter prescriptive plan of care using food, amino acids, supplements, and life style interventions to help you regain balance in your brain so you can fully engage with and find joy in your life. To start your journey to a healthier you, you can schedule your evaluation here:

<https://www.drkeesha.com/apply-to-become-a-patient/>



**Apply for a neurotransmitter
nutritional evaluation with Dr.
Keesha Today!**

THIS EVALUATION IS THE PATHWAY OUT OF :

- Anxiety
- Depression
- Insomnia
- Brain Fog

**MASTERY OF YOUR
NEUROTRANSMITTER WILL HELP ENHANCE:**

- Mood
- Libido
- Concentration
- Brain Health
- Memory
- Focus
- Thyroid Health
- Adrenal Balance
- Blood Sugar Stabilization
- Reach Your Optimal Weight