

Name _____

Date _____

Mood and Methylation Questionnaire

1 is not true or not at all, 5 is very true or most of the time. If unknown or not applicable, leave blank.

	1	2	3	4	5
I am chronically depressed					
I am a perfectionist					
I have seasonal allergies					
I have oppositional defiant tendencies					
I have a high libido					
I am/was very self-motivated during school					
I have suicidal tendencies					
I have sparse body hair					
I have an addictive personality or addictions					
I have responded well to SSRIs in the past (if applicable)					
I have responded well to antihistamines					
I have phobias					
I tend to be a somewhat non-compliant patient					
I have obsessive-compulsive tendencies					
I am very strong-willed					
I have a low tolerance for pain					
I tend to be slender					
I tend to have lots of saliva and tears					
I tend to be competitive in sports					
I tend to be inflexible in my diet					
I tend to have ritualistic habits					
I tend to ruminate about past events					
When I am anxious, other people may not notice my anxiety					
I tend to get frequent headaches					
[If schizophrenic] I tend to be catatonic					
I have a history of high achievement					
My family tends to be highly accomplished					
I have been diagnosed with schizoaffective disorder					
I tend to be artistic or musical					
I tend to have trouble sleeping or have a sleep disorder					
I tend to be hyperactive					
I have low libido					
I tend to be religious					
I have nervous legs or a need to pace					
I tend to be paranoid					
I get ringing in my ears					
I get upper body/neck/head pain					
I have food and chemical sensitivities					
[If female] I do not tolerate estrogen well					

I have a history of cutting or self-mutilation					
I tend to talk very fast					
I tend to panic or get anxious very easily					
[If have taken lithium in the past] I have done better on lithium					
I do better on benzodiazepines					
SSRIs do bad things to me					
SAMe does bad things to me					
I have had white spots on my fingernails					
I get emotional meltdowns easily					
[If female and have had a child] I get post-partum depression					
I have poor concentration and focus					
I get sick easily					
I am sensitive to food dyes or shellfish					
I have a history of learning problems or ADHD					
I find clothing tags scratchy and irritating					
I cannot wear cheap metal against my skin					
I tend to get nausea in the morning					
My skin is very dry					
I have a temper and get irritated easily					
I do not remember my dreams					
I have stretch marks on my skin					
My depression can get severe					
I have dark or mauve-colored urine at times					
I am a night owl					
My wounds heal slowly					
I did/do poorly in school					
I have a poor short term memory					
Loud noises bother me					
I like salty or spicy foods					
I get extreme mood swings					
I get joint pains					
I get psoriasis					
I tend to get fat in my middle and have skinny arms/legs					
I have stretch marks on my skin					
I get a lot of negative thoughts					
I reached puberty later rather than earlier					
Bright lights bother me					
I have an autoimmune disorder					
When I was growing, I was a slow grower					
I tend to be fearful					
I have been told my breath smells 'fruity'.					
I cannot handle much stress					
I tend to delay or skip breakfast					
I sunburn easily					