

Adrenal Thyroid Symptom Questionnaire (ATSQ)

(Assessment signs and symptoms of adrenal fatigue compared to low thyroid function)

Date: _____ Patient: _____

Instructions: Please circle the box (**Adrenal, Mixture, or Thyroid**) that most describes your symptoms related to each **AREA** listed on the left.

AREA	Adrenal	Mixture	Thyroid
Body type	Mild: gains weight easily Moderate: can't lose weight Severe: thin, cant gain weight	Gains weight easily esp. around hips and waist	Weight gain, generalized, extremely hard to lose
Face shape	Eyes and cheeks appear sunken when severe	normal	Full, puffy around eyes
Eyebrows	Tend to be full	Normal to sparse	Very sparse(esp. lateral 1/3)
Eyes	Sunken appearance , may have dark circles	Normal or some "bags" under the eyes	Puffy around the eyes, often with "bags' under the eyes
Facial coloring	Tendency to pallor, esp. around the mouth. In dark skin, it darkens around the mouth, forehead and sides of face	Pallor around the mouth	Reddish or rosy complexion
Hair	Thin, dry, sparse on forearms and legs	Tendency to be sparse	Tends to be course and, sparse. Hair loss
Nails	Thin and brittle	Break easily	May be thick
Skin quality	Dry, thin , smooth finger prints, longitudinal wrinkles over finger pads	May be thin, dry, bruise easily, poor healing	Course, dry scaly, and thick (can be oily)
Temperature Pattern	Cold when it's cold. Hot when it's hot	Fluctuating pattern, averages on the low side	Stable and low
Immune function	Tends to over-react (allergies, autoimmune, sensitivities)	Mixed	Tends to under- response (possible chronic infections)
Sleep pattern	Insomnia, light sleeper, waking in the middle of the night	May or may not have sleep disturbances	Sleepiness
Energy pattern	Wired and tired	Mixed	Tired, sluggish
Exercise tolerance	Causes fatigue	Mixed	Tires easily
Blood pressure	Tends to run low	Mixed	generally normal – low in severe cases
Carpal tunnel syndrome			May be present
Fluid	Can't hold water	Mixed	Retains fluid
Bowel function	Tendency to be irritable	Mixed	Tendency toward constipation
Cravings	Sweets, salt	mixed	Fats

Comments: _____

