

THYROID ASSESSMENT QUESTIONNAIRE

Check If Yes

- 1. Chronically tired, sluggish
- 2. Feel cold – hands, feet, all over
- 3. Tight sensation in neck
- 4. Difficult, infrequent bowel movements
- 5. Dry, discolored skin, dry hair
- 6. Thick brittle nails
- 7. Puffy face, hands, and feet
- 8. Swollen upper eyelids
- 9. Eyeballs move involuntarily
- 10. Muscles weak, cramp, and/or tremble
- 11. Slow mental processes, forgetfulness
- 12. Slow heart beats
- 13. Abdominal bloating / swelling
- 14. Unsteady gait, movements / loss of balance
- 15. Lack of interest in sex
- 16. Gain weight easily
- 17. Swelling of the neck
- 18. Outer third of eyebrow thins
- 19. Thinning hair on scalp, face and genitals
- 20. Loss of appetite
- 21. Premenstrual tension
- 22. Infertility
- 23. Excessive menstrual bleeding / heavy flow
- 24. Absence of / missed periods

Total Checked

Interpretation:

Score less than 3

Score 3 to 8

Score 9 or more

Low probability of thyroid dysfunction

Moderate probability of thyroid dysfunction

High probability of thyroid dysfunction