

QUESTIONNAIRE: MOOD AND STRESS

PART 1: PATIENT TO FILL OUT

Name (optional): _____

Date: _____

VALUE EQUIVALENT

0 = Less than 1 day per week; 1 = 1 or 2 days per week; 2 = 3 or 4 days per week; 3 = 5 or more days per week

Please review the list below and tick the answer that best represents how you felt over the last week.

SECTION 1	0	1	2	3
I feel 'wired but tired' – highly strung but lethargic.	0	2	4	6
I feel restless and exhausted when stressed.	0	2	4	6
I feel tired all day but then cannot sleep at night or wake early in the morning and cannot get back to sleep.	0	1	2	3
I get easily overstimulated by even mild amounts of caffeine or sugar.	0	1	2	3
Total				
Section 1 Total				

SECTION 2	0	1	2	3
I feel like my 'battery is flat'.	0	2	4	6
I feel mentally and physically exhausted.	0	2	4	6
I find it hard to get motivated to start or complete tasks.	0	1	2	3
I find it hard to get going in the mornings.	0	1	2	3
Total				
Section 2 Total				

SECTION 3	0	1	2	3
I feel profoundly indifferent, downhearted, or sad	0	2	4	6
I find it hard to get enthusiastic about anything.	0	2	4	6
I find it difficult to work up the initiative to do things.	0	1	2	3
I see nothing in my future to be hopeful about.	0	1	2	3
Total				
Section 3 Total				

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SECTION 4	0	1	2	3
I feel a sense of overwhelming panic and fearful doom.	0	2	4	6
I experience both low moods and anxiety symptoms.	0	2	4	6
I find it hard to maintain a happy medium between low moods and intense anxiety.	0	1	2	3
I feel like it only takes something small to send me into a panicked state.	0	1	2	3
Total				
Section 4 Total				

SECTION 5	0	1	2	3
I feel anxious or tense.	0	2	4	6
I obsessively worry or overthink.	0	2	4	6
I find it difficult to relax.	0	1	2	3
I feel nervous and on edge.	0	1	2	3
Total				
Section 5 Total				

SECTION 6	0	1	2	3
Stress negatively impacts my mood and increases feelings of sadness.	0	2	4	6
I reward or soothe myself with food/drink/activity (e.g. sugar, alcohol, shopping or social media).	0	2	4	6
I often experience mental fatigue and/or brain fog when stressed.	0	1	2	3
I feel lethargic.	0	1	2	3
Total				
Section 6 Total				

SECTION 7	0	1	2	3
I wake unrefreshed.	0	2	4	6
I find it difficult to fall asleep.	0	1	2	3
I find it difficult to stay asleep.	0	1	2	3
I find it difficult to relax or 'switch off', especially at night.	0	1	2	3
I often feel highly strung and nervous.	0	1	2	3
Total				
Section 7 Total				

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PART 2: PRACTITIONER TO FILL OUT

Herbal Formula

Add the scores for each section in Part 1 and enter the total into the 'score' column below.

- Rank each section based on the score in descending order (i.e. 1 is the top score, 2 is the second highest, etc).
- Rank 1 indicates the most relevant prescription for your patient.
- If the top scores are close, check the questions relevant to the section and ascertain which is most relevant to your patient.

SECTION	FORMULA	SCORE	RANK
1	Adaptan		
2	AdrenoTone		
3	Infla-Mood		
4	NeuroCalm Soothe		
5	NeuroCalm		
6	NeuroLift		
7	NeuroCalm Sleep		

Additional Considerations

SYMPTOM PICTURE	FORMULA
If irritable	Relaxan (females) or AndroLift (males)
If weepy and worried	Resilian

Magnesium Formula

Choose the most appropriate magnesium formula below

SYMPTOM PICTURE	FORMULA
Stress, anxiety or poor mood.	CalmX
Significant blue-light exposure at night, insomnia and/or wakes unrefreshed.	SleepX
Fatigue and to support healthy thyroid function.	EnergyX

ADDITIONAL MAGNESIUM FORMULA CONSIDERATIONS	FORMULA
Cardiometabolic symptoms (e.g. elevated blood pressure or for blood glucose support).	CardioX
Hormonal symptoms in females such as PMS, dysmenorrhoea or menopause symptoms.	FemmeX
Musculoskeletal or nerve pain, fibromyalgia, headache or migraine.	PainX

Prescription

	PRODUCT	DOSE
B vitamin support	HPA Essentials	1 Tablet BD
Probiotic support	Ultra Flora NeuroSupport	1 Tablet BD
Magnesium formula		
Herbal formula (ranked 1 st in patient answers)		
Herbal formula (optional) (ranked 2 nd in patient answers)		
Additional support at Practitioner's discretion		
Additional support at Practitioner's discretion		

For Practitioner use only. This is a screening tool designed to help your Practitioner identify traditional symptom patterns associated with stress.