

DR. HEDAYA'S PSYCHO-METABOLIC QUESTIONNAIRE

NY & National Centers for Whole Psychiatry wholepsych.com phone: 301-657-4749

NAME:

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DATE:

Please **score** the items you experience on a scale of 0-4 [check the box, enter a number]:

0 (I do not experience this)

1 (This is a **mild** problem)

2 (This is a **significant** problem)

3 (This is a **major** problem)

4 (This is a **severe** problem)

Medications:

Over 50 years old
 Food sits in stomach, burping after meals, constipation, Celiac disease, gastric bypass

White spots on arms, Chron's disease

On birth control pills, stimulants, antidepressants, acid-blocking medicines (e.g. Prilosec, Pepsid, Tagamet, Nexium) Glucophage, Metformin

Numbness

Tingling

Balance problems

Depression

Weakness in any body part

Autoimmune disease

Vegetarian diet

Fatigue

TOTAL: __

1

Diarrhea

Constipation

Food 'sitting in stomach' after meals

Acid-stomach

Gassiness

Burping or belching

Cramping

Bloating

Frequent coughing

Bloody stools

TOTAL: __

2

Difficulty handling stress

Poor sleep

Exhaustion

Scars which heal darkly

Dizziness on standing

Low blood pressure

Salt craving

TOTAL: __

4

Pregnancy

Regular or binge alcohol consumption

Food sits in stomach, burping after meals, constipation, Celiac disease, gastric bypass

On anti-convulsant medication, Metformin, Glucophage, Sulfasalazine, Triamterene, Methotrexate, barbiturates

Depression

Anemia

Weakness

Headaches

Reduced appetite

Diarrhea

Sore tongue

Palpitations

Irritability

Forgetfulness

TOTAL: __

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- Numbness
- Tingling
- Kidney stones
- Carpal tunnel syndrome
- Antidepressant medications, stimulants, caffeine, birth control pills

TOTAL: ___

6

- Psychosis
- High cholesterol
- Dermatitis
- Skin: red, sensitive to sun, thickened
- Diarrhea
- Appetite loss
- Beefy red tongue
- Apathy
- Co-ordination problems
- Numbness
- Tingling
- Dementia

TOTAL ___

7

- Frequent or binge use of alcohol
- Diet high in sweets, carb's

TOTAL: ___

8

- Low intake of fish, green leafy vegetables
- Dry skin
- Dry hair
- Thyroid dysfunction
- Illnesses associated with inflammation (e.g. any 'it is', such as arthritis, bursitis, prostatitis etc)
- Cardiovascular disease
- Depression
- High triglycerides

TOTAL: ___

9

- Emotional lability
- Depression
- Post partum depression
- Impaired immunity, frequent colds/infections
- Recent growth spurt
- White spots on nails,
- Slow wound healing,
- Stretch marks
- Growth retardation
- Hair loss
- Decreased libido
- Trouble with memory or word finding
- Osteoporosis
- Loss of appetite
- Celiac Disease (gluten sensitivity-wheat/oats/rye/barley)
- Regular or binge alcohol use
- Altered taste
- Vegetarian diet

TOTAL ___

10

- African American (no score; just check)
- Indoor occupation or home bound
- Northern climate
- Use sun block
- Depression
- Osteoporosis
- Hypertension
- Muscle or bone pain
- Fatigue
- Frequent infections or inflammatory diseases
- Over 60 (no score; just check)
- Obese

TOTAL: ___

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- __ Chronic Stress
- __ Dizziness when you stand or bend
- __ Low Blood pressure
- __ Craving salty foods-pretzels, pickles
- __ Easy bruising
- __ Fatigue
- __ Inability to handle even slight stresses
- __ Hypoglycemia: dizzy, irritable, or sleepy if you go without food for 4-5 hours; symptoms relieved by food
- __ Scars, elbows, nipples, that are unusually dark
- __ Slow healing of cuts
- __ Unstable body temperatures (hot or cold)

TOTAL: __

12

- __ Weight gain around your abdomen and in the face and cheeks
- __ Stretch marks-not from weight loss
- __ Adult onset diabetes
- __ Osteoporosis
- __ Craving sweets
- __ Trouble falling or staying asleep

TOTAL: __

13

- __ Excessive dark male pattern hair growth
- __ Irregular or no periods
- __ Eastern European heritage

TOTAL: __

14

- __ PMS - note symptoms:
- __ Irritability
- __ Cravings

- __ Breast tenderness
- __ Depression
- __ Bloating
- __ Cramping
- __ Other:

- __ Infertility
- __ Irregular menstrual cycles How long? _____
- __ Short cycles
- __ Long cycles
- __ On birth control pills: How long? _____
- __ In menopause: How long? _____ (no score; just check)
- __ Trouble with short term memory
- __ Trouble learning new things
- __ Vaginal dryness
- __ Loss of sex drive
- __ Hot flashes

TOTAL: __

15

- __ Depressed mood
- __ Lack of energy
- __ Reduced sex drive
- __ Loss of morning erection, erection less strong, trouble maintaining erection
- __ Reduced muscle strength
- __ Memory problems
- __ Increased abdominal fat
- __ Osteoporosis
- __ Fractures in recent years
- __ Low sperm count
- __ Thinning or loss of male hair pattern
- __ Change in voice
- __ Reduced concentration
- __ Loss of height
- __ Loss of pleasure
- __ Deterioration in work performance
- __ Falling asleep after dinner

TOTAL: __

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- Low energy
- Dry skin
- Hair falling out more than normal
- Muscle weakness: going up stairs, getting out of cars, opening jars
- Sensitivity to cold
- Constipation
- Irregular/heavy/light periods
- Hoarseness
- Puffiness under eyes
- Puffy legs
- Brittle nails
- Weight gain
- Snoring
- Slowness in thinking
- Problems with concentration
- Trouble falling asleep
- Outer third of eyebrows thin
- Low body temperature

TOTAL: __

17

- Excess energy
- Oily skin
- Tremor
- Unexplained weight loss
- Rapid or pounding heartbeat
- Decreased need for sleep
- Eyes 'bulging'
- Diarrhea
- High body temperature

TOTAL: __

18

- High cholesterol
- High triglycerides
- Hypertension
- Abdominal weight/large waist
- Heart disease
- Inflammatory bowel disease (Chron's Disease)
- Frequent diarrhea

- Gluten sensitivity (Celiac disease)
- "- itis" diseases(e.g., arthritis, colitis, prostatitis, diverticulitis, thyroiditis, sinusitis etc.
- Auto-immune disease (lupus, pernicious anemia, rheumatoid arthritis, multiple sclerosis, etc)
- HIV
- Chronic infections (periodontal gum disease, sinusitis, Lyme disease, infected root canals, yeast infections etc)
- Osteoporosis
- Brain fog
- Reduced short term memory
- Trouble finding words
- Feeling confused with simple tasks
- Learning disabilities
- Feel like lying in bed all day
- Fevers or chills
- Night sweats
- Muscle or joint aches and pains
- Feeling swollen all over
- Pain
- Gastrointestinal problems
- Zinc spots on nails
- Acne
- Recent growth spurt
- Irritability
- Unusual graying of hair
- Lots of sweets or breads or fats in diet
- Food allergies/sensitivities
- Raccoon Eyes
- Easy and prolonged blanching of skin after pressure or mottled/uneven skin color
- Flooding or wet basement
- Mold in home
- Allergies
- Diabetes
- Regular or binge alcohol use
- Many mercury fillings, eating lots of tuna fish

TOTAL: __

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NOTES: