The hypothalamus, pituitary, adrenal (HPA) axis is the body’s central stress response system. This questionnaire is designed to help assess and differentiate possible dysfunction within this system.

Please score only the items you experience on a scale of 1-4:
1 (This is a mild problem)  2 (This is a significant problem)  3 (This is a major problem)  4 (This is a severe problem)

SECTION 1: LOW CORTISOL STATE

1. ___Lethargic depression
2. ___Excessive need for sleep
3. ___Chronic fatigue syndrome
4. ___Chronic pain
5. ___Fibromyalgia (musculoskeletal tender points)*
6. ___Dizziness when you stand or bend
7. ___Low blood pressure and/or drop of blood pressure on standing*
8. ___Craving salty foods-pretzels, pickles etc.
9. ___Poor wound healing*
10. ___Easy bruising
11. ___Fatigue
12. ___Inability to handle even slight stresses
13. ___Hypoglycemia: dizzy, irritable, or sleepy if you go without food for 4-5 hours; symptoms relieved by food
14. ___Scars, elbows, nipples, or skin near nails that are unusually dark*
15. ___Slow healing of cuts*
16. ___Unstable body temperatures (hot or cold)

SECTION 2: ELEVATED CORTISOL STATE

17. ___Agitated depression
18. ___Weight gain around your abdomen, back of neck, and in the face and cheeks*
19. ___Stretch marks—not from weight loss *
20. ___Adult onset diabetes
21. ___Osteoporosis
22. ___Craving sweets
23. ___Trouble falling or staying asleep

SECTION 3: ADRENAL HYPERPLASIA

24. ___Excessive dark male pattern hair growth (women)*
25. ___Irregular or no periods (not menopausal)
26. ___Eastern European heritage
HPA Axis Questionnaire: Practitioner Interpretive Key

The goal of this intake sheet is to obtain and collate data that will give you an idea of the presence and type of HPA axis dysfunction in your patient. These symptoms and signs are primarily a compilation from the *Williams Textbook of Endocrinology*—11th edition, as well as recent literature, and lastly, clinical experience. There are three sections divided by lines.

- Section 1 is correlated with **low cortisol** states
- Section 2 is correlated with **high cortisol** states
- Section 3 is correlated with **adrenal hyperplasia**.

*Items should be assessed by physical examination.

**Instructions:**

Add up the patient’s totals for each section. Enter them below over the highest possible score for each section. The totals will indicate which areas to focus on. There is no absolute cutoff to use, rather there is a continuum between normal and dysfunction. Use this information in conjunction with blood testing and salivary cortisol testing.

- **Section 1: Low cortisol state**
  \[ \frac{\text{score}}{64} = \_ \_ \]

- **Section 2: Elevated cortisol state**
  \[ \frac{\text{score}}{28} = \_ \_ \]

- **Section 3: Adrenal hyperplasia**
  \[ \frac{\text{score}}{12} = \_ \_ \]