

Catecholamine Deficiency Questionnaire

If you answer "yes" to any of the following questions, enter the number of points indicated in the blank space to the right. Enter 0 (zero) if you answer "no".

1. Is either cocaine or amphetamines your drug of choice? If *yes*, 5 points. _____
2. Do you smoke cigarettes, or use nicotine in another form, such as a smokeless tobacco? If 1 pack per day or less, 1 point. If 2 packs per day, 2 points. If 3 or more packs per day, 3 points. _____
3. If you have used marijuana, does it excite you or have a "speedy" effect on you? If *yes*, 4 points. _____
4. Is there a history of mania? If *yes*, 2 points. _____
5. Is there a history of depression in your family? If *yes*, 3 points. _____
6. Do you often experience tiredness, loss of energy, boredom, or an inability to feel pleasure? If *yes*, 3 points. _____
7. Are you a thrill-seeker or risk-taker? If *yes*, 3 points. _____
8. Do you respond positively to tricyclic antidepressant drugs, such as Tofranil, Elavil, Endep, or Pamelor? If *yes*, 5 points. _____
9. Do you respond positively to prescription drugs, such as Ritalin, Cylert, Adderall, or methamphetamine? If *yes*, 5 points. _____
10. Do antihistamine drugs like Benadryl cause you to feel "speedy?" If *yes*, 2 points. _____

Total: _____

Total of 13 to 16 points: You are *probably* catecholamine-deficient.

Total of 17 or more points: You are *very probably* catecholamine-deficient.

Name: _____ Date: _____