

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	Low probability of thyroid dysfunction
Score 3 to 8	Moderate probability of thyroid dysfunction
Score 9 or more	High probability of thyroid dysfunction