

Amen Questionnaire

OFFICE USE ONLY

Name: _____

Today's Date: _____

Please place a check mark beside all questions that apply to you.

FL	/19	TL	/15
ACG	/9	PL	/2
LS	/14	CB	/13
BG	/15	L-Br	/5

1. ___ Do you have problems finishing a project quickly moving on to something else?
2. ___ Does driving cause you fatigue, headaches, or any other symptoms?
3. ___ Does working on a computer cause you fatigue, headaches, or any other symptoms?
4. ___ Have you lost your interest in hobbies and functions that you used to enjoy?
5. ___ Have you noticed your ability to concentrate is getting worse?
6. ___ Are you easily distracted and have trouble focusing your attention?
7. ___ Have you gradually noticed the decreasing attention to detail?
8. ___ Do you have trouble listening to people speaking to you?
10. ___ Do you blurt out answers and interrupt people in conversations frequently?
11. ___ Do you feel restless and almost agitated?
12. ___ Are you a procrastinator?
13. ___ Are you impulsive making decisions, knowing and recognizing this afterwards?
14. ___ Do you seek excitement or extreme activities?
15. ___ Do you require sugar, caffeine, and or nicotine in order to focus?
16. ___ Do you have problems requiring your needs to be met immediately?
17. ___ Are you depressed?
18. ___ Are you fearful or anxious?
19. ___ How much alcohol do you drink? _____
20. ___ Do you get stuck on negative thoughts?
21. ___ Do you worry excessively?
22. ___ Do you have a tendency towards obsessive, compulsive, or addictive behaviors?
23. ___ Do you hold grudges and find yourself focusing in bitterness?

Amen Questionnaire

24. ___ Are you upset when things do not go your way?
25. ___ Are you upset when things are out of place?
26. ___ Do you have a tendency to be oppositional or argumentative?
27. ___ Do you dislike change and feel uncomfortable if change occurs?
28. ___ Are you rigid needing to have things done a certain way or you become very upset?
29. ___ Do you have a hard time motivating yourself to engage in activities?
- How frequently do you feel sad? _____
30. ___ Are you moody?
31. ___ Do you have digestive problems frequently called irritable bowel syndrome?
32. ___ Do you catch yourself being frequently negative?
33. ___ Is the grass always greener on the other side feeling dissatisfied frequently?
34. ___ Are you often bored?
35. ___ Do you have low-energy?
36. ___ Do you have a decreased interest in things that are typically fun or pleasurable?
37. ___ Do you ever have feelings of hopelessness, helplessness, worthlessness, or guilt? (Circle all)
38. ___ Do you ever have crying spells?
39. ___ Do you have chronic low self-esteem?
40. ___ Do you isolate socially?
41. ___ Do you crave desserts, chocolate or carbohydrates?
42. ___ Do you feel your metabolism has slowed down?
43. ___ Do you ever have fluttering of the eye or notice you were blinking frequently?
44. ___ Do you encounter feelings of nervousness and anxiety?
45. ___ Do you or have you in the past had a tendency for extreme risky activities?
46. ___ Do you ever feel panicked?
47. ___ Do you have symptoms of increased muscle tension, i.e. leading to headaches?
48. ___ Are you an eternal pessimist predicting the worst?
49. ___ Do you tend to avoid conflict?
50. ___ Do you live in excessive fear and are concerned about being criticized by others?
51. ___ Are you overly motivated and have trouble stopping work?

Amen Questionnaire

52. ___ Do you lack confidence?
53. ___ Are you always worried about something bad to happen?
54. ___ Are you easily startled?
55. ___ Has your handwriting changed in recent years?
56. ___ Do you enjoy cheese, salty foods and wine? How often? _____
57. ___ Do you feel your metabolism slow down?
58. ___ Do you have difficulty with long-term memory?
59. ___ Have you ever been told or noticed any memory loss of past events?
60. ___ Do you have difficulty with taste or taste things differently than what you are eating?
61. ___ Do you have any changes of smell or smell foul things that are not present?
62. ___ Do you experience déjà vu?
63. ___ Do you have temper problems?and a short fuse?
64. ___ Does your irritability tend to build and then explode?
65. ___ Are you unstable or have unpredictable moods?
66. ___ Do you misinterpret comments as negative when they are not intended as such?
67. ___ Do you feel concerned that others are watching you or are out to hurt you?
68. ___ Do you have dark violent thoughts that may come out of nowhere?
69. ___ Do you have trouble finding the right word to say?
70. ___ Do you have headaches or abdominal pain of uncertain origin?
71. ___ Do you ever experience flashes of light in your upper visual field?
72. ___ Do you feel your metabolism has slowed down?
73. ___ Do you ever experience flashes of light in your lower visual field?
74. ___ Do you get lost often or have a hard time with directions?

Amen Questionnaire

75. ___ Do you currently experience or have a past history of vertigo or balance problems?
76. ___ Do you feel that your balance is getting worse?
77. ___ Has your handwriting changed in recent years?
78. ___ Have you noticed clumsiness in hand coordination? Which hand? _____
- Are there any other coordination troubles? _____
79. ___ Do you tend to be clumsy or even accident prone?
80. ___ Have you ever walked into walls or bumped into furniture?
81. ___ Do you have difficulty maintaining an organized work area?
82. ___ Have you created multiple piles around your house or office?
83. ___ Have you plateaued with learning experiencing difficulty learning new information or routines?
84. ___ Have you become more sensitive to touch or tags in clothing?
85. ___ Are you more sensitive to noise than other people you know?
86. ___ Do you have trouble following and keeping up in conversations?
87. ___ Do you ever have slurred speech?
88. ___ Do you have difficulty with math problems, or remembering numbers?
89. ___ Do you find yourself searching for words frequently when you speak?
90. ___ Do you get motion sick easily (carsick or seasick- right side of car)?
91. ___ Have you ever experienced or been diagnosed with arrhythmia (fluctuating heart rate)?
92. ___ Do you have difficulty distinguishing the right and left?

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