



Dr. Daniel Amen's CHANGE YOU BRAIN, CHANGE YOUR BODY Questionnaire

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Introduction:

Dr. Amen's Brain System Questionnaire is a great start to helping you evaluate the health and well being of your brain. Plus, it will lead you to specific parts of the program and specific supplements that may be most helpful for you.

Think of this tool as the beginning of optimizing the brain/body connection. For many years Dr. Amen realized that not everyone is able to get a brain scan to check on the health of his or her brain. So, in order to bring the life-changing information that he has learned through his imaging work to the most people he has developed a series of questionnaires to help predict the areas of strengths and vulnerabilities of the brain.

A word of caution is in order. Self-report questionnaires have advantages and limitations. They are quick and easy to score. On the other hand, people filling them out may portray themselves in a way they want to be perceived, resulting in self-report bias. For example, some people exaggerate their experience and mark all of the symptoms as frequent, in essence saying, "I'm glad to have a real problem so that I can get help, be sick, or have an excuse for the troubles I have." Others are in total denial. They do not want to see any personal flaws and they do not check any symptoms as significantly problematic, in essence saying, "I'm okay. There's nothing wrong with me. Leave me alone." Not all self-report bias is intentional. People may genuinely have difficulty recognizing problems and expressing how they feel. Sometimes family members or friends are better at evaluating a loved one's level of functioning than a person evaluating himself or herself. They may have noticed things that their loved one hasn't.

Questionnaires of any sort should never be used as the only assessment tool. Use this one as a catalyst to help you think, ask better questions, and get more evaluation if needed. Always discuss any recommendations with your personal physician or health care provider, especially if you are taking any medications, such as for your heart, blood, blood pressure, or for anxiety, depression, or pain.



Dr. Daniel Amen's CHANGE YOUR BRAIN, CHANGE YOUR BODY Questionnaire

Please rate yourself on each of the symptoms listed below using the following scale.

0 1 2 3 4 □□NA□□□□
Never Rarely Occasionally Frequently Very Frequently Not Applicable/known

- _____ 1. Trouble sustaining attention or being easily distracted
- _____ 2. Struggle with procrastination until I "have" to do something
- _____ 3. Lacks attention to detail
- _____ 4. Difficulty delaying what you want, having to have your needs met immediately
- _____ 5. Trouble listening
- _____ 6. Feeling restless
- _____ 7. Blurts out answers, interrupts frequently
- _____ 8. Makes decisions impulsively
- _____ 9. Excitement seeking
- _____ 10. Needs caffeine, nicotine or sugar in order to focus
- _____ 11. Gets stuck on negative thoughts
- _____ 12. Worries excessively
- _____ 13. Tendency toward compulsive or addictive behaviors
- _____ 14. Holds grudges
- _____ 15. Upset when things do not go your way
- _____ 16. Upset when things are out of place
- _____ 17. Tendency to be oppositional or argumentative
- _____ 18. Dislikes change
- _____ 19. Needing to have things done a certain way or you become very upset
- _____ 20. Trouble seeing options in situations
- _____ 21. Feeling sad
- _____ 22. Being negative
- _____ 23. Feeling dissatisfied
- _____ 24. Feeling bored
- _____ 25. Low energy
- _____ 26. Decreased interest in things that are usually fun or pleasurable
- _____ 27. Feelings of hopelessness, helplessness, worthlessness, or guilt
- _____ 28. Crying spells
- _____ 29. Chronic low self-esteem
- _____ 30. Social isolation
- _____ 31. Feelings of nervousness and anxiety

- _____ 32. Feelings of panic
- _____ 33. Symptoms of heightened muscle tension, such as headaches or sore muscles
- _____ 34. Tendency to predict the worst
- _____ 35. Avoid conflict
- _____ 36. Excessive fear of being judged or scrutinized by others
- _____ 37. Excessive motivation, trouble stopping work
- _____ 38. Lacks confidence in abilities
- _____ 39. Always watching for something bad to happen
- _____ 40. Easily startled
- _____ 41. Temper problems
- _____ 42. Short fuse
- _____ 43. Irritability tends to build, then explodes, then recedes, often tired after a rage
- _____ 44. Unstable or unpredictable moods
- _____ 45. Misinterprets comments as negative when they are not
- _____ 46. Déjà vu (feelings of being somewhere you have never been)
- _____ 47. Often feel as though others are watching you or out to hurt you
- _____ 48. Dark or violent thoughts, that may come out of the blue
- _____ 49. Trouble finding to right word to say
- _____ 50. Headaches or abdominal pain of uncertain origin
- _____ 51. Forgetful
- _____ 52. Memory problems
- _____ 53. Trouble remembering appointments
- _____ 54. Trouble remembering to take medications or supplements
- _____ 55. Trouble remembering thing that happened recently
- _____ 56. Trouble remembering names
- _____ 57. It is hard for me to memorize things for school, work or hobbies
- _____ 58. I know something one day but do not remember it to the next
- _____ 59. I forget what I am going to say right in the middle of saying it
- _____ 60. I have trouble following directions that have more than one or two steps
- _____ 61. Tend to be clumsy or accident prone
- _____ 62. Walks into furniture or walls
- _____ 63. Trouble with coordination
- _____ 64. Poor handwriting
- _____ 65. Trouble maintaining an organized work area
- _____ 66. Multiple piles around the house
- _____ 67. More sensitive to noise than others
- _____ 68. Particularly sensitive to touch or tags in clothing
- _____ 69. Trouble learning new information or routines
- _____ 70. Trouble keeping up in conversations
- _____ 71. Have trouble falling asleep
- _____ 72. Have trouble staying asleep
- _____ 73. Do not get at least 7 hours a night
- _____ 74. Snores loudly or others complain about your snoring
- _____ 75. Other say you stop breathing when you sleep
- _____ 76. Feel fatigued or tired during the day
- _____ 77. Struggle with unhealthy cravings, either for food, alcohol or drugs
- _____ 78. Agitated, easily upset, nervous when meal are missed
- _____ 79. Get lightheaded if meals are missed

- _____ 80. Eating relieves fatigue
- _____ 81. Light sensitive and bothered by glare, sunlight, headlights or streetlights
- _____ 82. Become tired and/or experience headaches, mood changes, feel restless, or have an inability to stay focused with bright or fluorescent lights
- _____ 83. Have trouble reading words that are on white, glossy paper
- _____ 84. When reading, words or letters shift, shake, blur, move, run together, disappear, or become difficult to perceive
- _____ 85. Feel tense, tired, sleepy, or even get headaches with reading
- _____ 86. Have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving
- _____ 87. Night driving is hard
- _____ 88. Craving for simple carbohydrates, such as bread, pasta, cookies, or candy
- _____ 89. Winter depression (mood problems tend to occur in the fall and winter months and recede in the spring and summer)
- _____ 90. Diet is poor and tends to be haphazard
- _____ 91. Do not exercise
- _____ 92. Put myself at risk for brain injuries, by doing such things as not wearing my seat belt, drinking and driving, engaging in high risk sports, etc
- _____ 93. Live under daily or chronic stress, in my home or work life
- _____ 94. Thoughts tend to be negative, worried or angry
- _____ 95. Problems getting at least six to seven hours of sleep a night
- _____ 96. Smoke or am exposed to second hand smoke
- _____ 97. Drink or consume more than two cups of coffee, tea or dark sodas a day
- _____ 98. Use aspartame and/or MSG
- _____ 99. Spends time around environmental toxins, such as paint fumes, hair or nail salon fumes or pesticides
- _____ 100. Spend more than one hour a day watching TV
- _____ 101. Spend more than one hour a day playing video games
- _____ 102. Outside of work time, spend more than one hour a day on the computer
- _____ 103. Consume more than three normal size drinks of alcohol a week
- _____ 104. Struggle with being overweight and/or wish to lose weight
- _____ 105. Energy is low
- _____ 106. I struggle with chronic pain.

Answer “Yes” or “No”

- _____ 107. My brain needs help to recover from a brain injury, stroke, drug abuse, moderate to heavy alcohol usage, environmental toxins

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Questionnaire

Answer Key

Place the number of questions you, or a significant other, answered “3” or “4” in the space provided.

_____ 1 – 10 Prefrontal cortex (PFC) questions, see page 1 PFC of the Amen Clinic Brain System Handout.

- PFC Supplements: **Dr. Amen’s Focus and Energy Solution or the ADD Solution, plus EPA fish oil**
- PFC Meds: For ADD: stimulants, such as Adderall, Ritalin, or Strattera

5 questions = Highly probable
3 questions = Probable
2 questions = May be possible

_____ 11 – 20 Anterior cingulate gyrus (ACG) problems, see page 2 ACG of the Amen Clinic Brain System Handout.

- ACG Supplements: **Dr. Amen’s Stress and Mood Enhancing Formula #2 plus Balanced EPA/DHA fish oil**
- ACG Meds: SSRIs, such as Lexapro, Paxil, Zoloft, Celexa, Prozac, and Luvox
 - If also low PFC: Consider Effexor or Cymbalta

5 questions = Highly probable
3 questions = Probable
2 questions = May be possible

_____ 21 – 30 Deep limbic system (DLS) problems, see page 3 DLS of the Amen Clinic Brain System Handout.

- DLS Supplements: **Dr. Amen’s Stress and Mood Enhancing Formula #3 plus balanced fish oil. For cyclic mood changes -- fish oil plus Dr. Amen’s Stress and Mood Enhancing Formula #1**
- DLS Meds: Antidepressants, such as Wellbutrin, SSRIs (if high ACG also present). Effexor or Cymbalta (if high ACG and low PFC also present); for cyclic mood changes consider anticonvulsants or lithium; for pain: Cymbalta and/or anticonvulsant Neurontin

5 questions = Highly probable
3 questions = Probable
2 questions = May be possible

_____ 31 – 40 Basal ganglia (BG) problems, see page 4 BG of the Amen Clinic Brain System

Handout.

- BG Supplements: **Dr. Amen's Stress and Mood Enhancing Formula #1 plus DHA fish oil**
- BG Meds: Buspar, anticonvulsants, such as Neurontin, some blood pressure meds, such as propranolol may help

5 questions = Highly probable

3 questions = Probable

2 questions = May be possible

_____ 41 – 50 Temporal lobe (TL) problems, see page 5 TL of the Amen Clinic Brain System Handout.

- TL Supplements: **Dr. Amen's Stress and Mood Enhancing Formula #1 plus balanced EPA/DHA fish oil**
- TL Meds: Anticonvulsants, such as Neurontin, Depakote, or Lamictal

5 questions = Highly probable

3 questions = Probable

2 questions = May be possible

_____ 51 – 60 Memory Problems, see page 5 TL of the Amen Clinic Brain System Handout.

- TL Memory Supplements: **Dr. Amen's Memory Solution plus balanced EPA/DHA fish oil**
- TL Memory Meds: Namenda, Aricept, Exelon, or Reminyl

5 questions = Highly probable

3 questions = Probable

2 questions = May be possible

_____ 61 – 70 Cerebellum (CB) Problems, see page 6 CB of the Amen Clinic Brain System Handout.

- CB Supplements: **Dr. Amen's Brain Recovery Solution plus balanced EPA/DHA fish oil**
- CB Meds: Unknown

5 questions = Highly probable

3 questions = Probable

2 questions = May be possible

Having combinations of the different brain system problems above is very common. See page 7 of the Amen Clinic Brain System Handout for more information.

_____ 71 – 73 Insomnia. If you answered one or more of these questions with a score of “3” or “4” you may be struggling with insomnia. See **page XX** for natural ways to overcome insomnia and consider **Dr. Amen's Sleep Solution**.

_____ 74 – 76 Sleep apnea. If you answered one or more of these questions with a score of “3” or “4” you may have sleep apnea. Sleep apnea occurs when people stop breathing multiple times during the night. It causes significant oxygen deprivation for the brain and people may often feel tired, depressed, and have memory issues. This condition is best evaluated by a sleep expert in a specialized sleep laboratory. Treating sleep apnea often makes a positive difference in mood and energy. If you suspect a problem talk to your physician.

_____ 77 – 80 Hypoglycemia. If you answered three or more questions with a score of “3” or “4” low blood sugar states should be evaluated by your physician. Low blood sugar or hypoglycemia can cause symptoms of anxiety and lethargy. Eating four to five small meals a day, as well as eliminating most of the simple sugars in your diet (such as sugar, bread, pasta, potatoes, and rice) can be very helpful to balance your mood and anxiety levels. **Dr. Amen’s Craving Solution has ingredients specially formulated to help balance blood sugar.**

_____ 81 – 87 Scotopic Sensitivity Syndrome. If you answered three or more questions with a score of “3” or “4” you may have Scotopic Sensitivity Syndrome (SSS). SSS occurs when the brain is overly sensitive to certain colors of light. This can cause headaches, anxiety, depression, problems reading, and depth perception issues. Getting this condition properly diagnosed and treated can make a significant difference for your mental and physical health. To learn more about the diagnosis and treatment of SSS go to www.irlen.com. Most physicians do not know about this disorder, so please do not rely on them for accurate information.

_____ 88 Cravings. If you answered this question with a score of “3” or “4” cravings may be a problem. **Consider Dr. Amen’s Craving Solution**

_____ 89 Seasonal Mood Disorder. If you answered this question with a score of “3” or “4” you may have a seasonal mood disorder. Getting outside during daylight hours can be helpful, along with sitting in front of special “full spectrum light therapy” devices for thirty minutes in the morning. See <http://www.mayoclinic.com/health/seasonal-affective-disorder/MH00023> for more information.

_____ 90 – 103 Bad Brain Habit Questions. For these questions add up your total score, not just the ones you answered 3 or 4.

If you score between 0 – 6 then odds are you have very good brain habits. Congratulations!

If you score between 7 – 12 odds are you are doing well, but you can work to be better.

If you score between 13 – 20 your brain habits are not good and you are prematurely aging your brain. A better brain awaits you.

If you score more than 20 you have poor brain habits and it is time to be concerned. A brain makeover may just change your life!

_____ 104. Overweight Issues. If you scored 3 or 4 on this question, a comprehensive weight loss program could be very helpful, maybe even lifesaving, for you.

Our program includes:

- A brain healthy diet
- Exercise four to five times a week
- Dr. Amen’s Basic Weight Loss Formula
- Plus supplements geared toward your specific type of brain.

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 11 – 20 you are likely to have the compulsive overeating type of weight issue. **Dr. Amen’s Weight Loss Formula 1 (Basic + Overfocused/Low Serotonin)**

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 1-10 you are likely to have the impulsive overeating type of weight issue. **Dr. Amen’s Weight Loss Formula 2 (Basic + Impulsive/Low Dopamine)**

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from both 1-10 and 11-20 you are likely to have the impulsive- compulsive overeating type of weight issue. **Dr. Amen’s Weight Loss Formula 3 (Basic + Impulsive/Compulsive Type)**

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 21 – 30 you are likely to have the SAD or emotional overeating type of weight issue. **Dr. Amen’s Weight Loss Formula 4 (Basic + SAD or emotional overeaters)**

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 31 – 40 you are likely to have the anxious overeating type of weight issue. **Dr. Amen’s Weight Loss Formula 5 (Basic + Anxious Overeaters)**

_____ 105. Low Energy. If you scored 3 or 4 on this question, low energy maybe a problem for you and you may benefit from **Dr. Amen’s Focus and Energy Solution**.

_____ 106. Chronic Pain. If you scored 3 or 4 on this question, chronic pain maybe a problem for you. Consider deep relaxation, hypnosis, meditation, acupuncture, fish oil, or SAME to help.

Answer “Yes” or “No”

_____ 107. Brain Recovery. If you answered yes to this question your brain may need help recovering from a trauma or insult. **Consider Dr. Amen’s Brain Recovery Solution**.

Have our computer program automatically calculate BMI/Daily Caloric need?