

There are 52 items in this questionnaire. There are only four choices for each question: **Never, Rarely, Occasionally, or Usually.** Pick the answer that is closest to how you feel or are in each situation. Place a cross in the appropriate square. There are no right or wrong answers. If you have a question, ask the person who is giving you this questionnaire.

	Never	Rarely	Occasionally	Usually	
1					My vision get blurred or double
2					My gums bleed
3					After I fall asleep I wake up and cannot sleep
4					My muscles feel painful or sore
5					I get headaches
6					I have allergies or asthma
7					I get cramps in my legs
8					I have itching or crawling sensations on my skin
9					I sigh or yawn during the day
10					My stomach or intestines are upset
11					If I miss a meal or it is delayed, I notice my heart beat faster
12					I get mad or furious for no apparent reason
13					I easily get bruised or black and blue marks
14					I have nightmares or bad dreams
15					I get faint, dizzy, weak spells, or cold sweats
16					It is hard for me to concentrate
17					I am sleepy after I eat
18					I nibble between meals when I am hungry
19					I get jittery or nervous when I am hungry
20					I get very tired or exhausted
21					I no longer feel tired after I eat
22					I get hungry or feel faint if I do not eat often
23					I feel better after my first snack or meal of the day
24					I drink coffee or tea in the morning to get started
25					I often forget things
Totals					
26					I eat sweet things or drink caffeinated coffee, tea or cola
27					I have more than 3 cups of coffee, tea or cola a day
28					I add sugar to most things I eat or drink
29					I am very restless
30					I feel very sleepy during the day
31					I drink alcoholic beverages
32					I cannot work under pressure
33					It is hard to decide on things
34					I crave sweet foods, candies or drinks
35					I feel depressed
36					I constantly worry about things
37					I get confused
38					I have trouble making decisions
39					At times I feel like I am having a nervous breakdown
40					I get depressed or feel the blues over nothing
41					I get irritated
42					I get impatient
43					I blow little things out of proportion and easily lose my temper
44					I get fearful
45					I feel very nervous
46					I eat when I am nervous
47					I am highly emotional
48					I want to kill myself
49					I cry for no apparent reason
50					I get drowsy
51					What two foods do you like or crave most? A..... B.....
52					Do you smoke cigarettes? Yes No