

0 1 2 3 4 NA

Never Rarely Occasionally Frequently Very Frequently Not Applicable/  
unknown

### Other Self

- \_\_\_\_\_ 1. Have trouble sustaining attention
- \_\_\_\_\_ 2. Lack attention to detail
- \_\_\_\_\_ 3. Are easily distracted
- \_\_\_\_\_ 4. Procrastinate
- \_\_\_\_\_ 5. Lack clear goals
- \_\_\_\_\_ 6. Are restless
- \_\_\_\_\_ 7. Have difficulty expressing empathy for others
- \_\_\_\_\_ 8. Blurt out answers before questions have been completed, interrupt frequently
- \_\_\_\_\_ 9. Are impulsive (saying or doing things without thinking first)
- \_\_\_\_\_ 10. Need caffeine or nicotine in order to focus
- \_\_\_\_\_ 11. Get stuck on negative thoughts
- \_\_\_\_\_ 12. Worry
- \_\_\_\_\_ 13. Show a tendency toward compulsive or addictive behaviors
- \_\_\_\_\_ 14. Hold grudges
- \_\_\_\_\_ 15. Feel upset when things do not go your way

### Other Self

- \_\_\_\_\_ 16. Feel upset when things are out of place
- \_\_\_\_\_ 17. Are oppositional or argumentative
- \_\_\_\_\_ 18. Dislike change
- \_\_\_\_\_ 19. Need to have things done a certain way or you become very upset
- \_\_\_\_\_ 20. Have trouble seeing options in situations
- \_\_\_\_\_ 21. Feel sad
- \_\_\_\_\_ 22. Are negative
- \_\_\_\_\_ 23. Feel dissatisfied
- \_\_\_\_\_ 24. Feel bored
- \_\_\_\_\_ 25. Have low energy
- \_\_\_\_\_ 26. Show decreased interest in things that are usually fun or pleasurable
- \_\_\_\_\_ 27. Have feelings of hopelessness, helplessness, worthlessness, or guilt
- \_\_\_\_\_ 28. Have crying spells
- \_\_\_\_\_ 29. Have low self-esteem
- \_\_\_\_\_ 30. Feel socially isolated
- \_\_\_\_\_ 31. Have feelings of nervousness and anxiety
- \_\_\_\_\_ 32. Have feelings of panic
- \_\_\_\_\_ 33. Have symptoms of heightened muscle tension, such as headaches or sore muscles

Other Self

- \_\_\_\_\_ 34. Have a tendency to predict the worst
- \_\_\_\_\_ 35. Avoid conflict
- \_\_\_\_\_ 36. Have excessive fear of being judged or scrutinized by others
- \_\_\_\_\_ 37. Have excessive motivation, difficulties to stop working
- \_\_\_\_\_ 38. Lack confidence in your abilities
- \_\_\_\_\_ 39. Wait for something bad to happen
- \_\_\_\_\_ 40. Are quick to startle
- \_\_\_\_\_ 41. Have a short fuse
- \_\_\_\_\_ 42. Feel periods of heightened irritability
- \_\_\_\_\_ 43. Misinterpret comments as negative when they are not
- \_\_\_\_\_ 44. Endure frequent periods of deja vu (the feeling you have been somewhere before even though you haven't)
- \_\_\_\_\_ 45. Feel sensitivity or mild paranoia
- \_\_\_\_\_ 46. Have had head injuries
- \_\_\_\_\_ 47. Think dark thoughts that may involve suicidal or homicidal thoughts
- \_\_\_\_\_ 48. Have periods of forgetfulness
- \_\_\_\_\_ 49. Have trouble finding the right word to say
- \_\_\_\_\_ 50. Have unstable moods

**Brain Health Master Questionnaire**

Answer Key

The format for the questions you just completed is not haphazard. Questions 1-10 are all related to Prefrontal cortex (PFC) problems, questions 11-20 are related to Anterior cingulate gyrus (ACG) problems, and so forth. To interpret your answers, count each question you answered either "3" or "4"—frequently and very frequently, respectively—with the other questions in each 10-question "brain system" sub-category below. Then, refer to the chart at the bottom to see how likely it is that you are experiencing a problem for that particular brain system.

- \_\_\_\_\_ 1-10 Prefrontal cortex (PFC) problems, see PFC below. *Sam-E*
- \_\_\_\_\_ 11-20 Anterior cingulate gyrus (ACG) problems, see ACG below. *5HTP or St. John's Wort*
- \_\_\_\_\_ 21-30 Deep limbic system (DLS) problems, see DLS below. *Sam-E*
- \_\_\_\_\_ 31-40 Basal ganglia (BG) problems, see BG below. *Gaba or Valerian*
- \_\_\_\_\_ 41-50 Temporal lobe (TL) problems, see TL below. *Gaba or Alpha Lipoic Acid*  
*↑Protein diet*

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