

Stress Test Evaluation for Adrenal Stress Index (ASI)

1. This questionnaire is a subjective assessment of stressors and related symptoms and complaints. The questions have assigned scores/point values. Add the scores of each section and make a printout to give to your doctor for evaluation.

2. If you score Moderate to High on Part A, answer yes once in Part B, and score 151 or more on Part C, Adrenal Stress Index test may be required.

Part A

To obtain score, multiply points (column 1) by duration (column 2).

Adrenal Related Problems	Duration (Years)					Score
	1	2	3	4	5	
Excessive Fatigue	10	x	1/2	1	2	_____
Dry & Thin Skin	10	x	1/2	1	2	_____
Nervous/Irritability	9	x	1/2	1	2	_____
Low body temperature	8	x	1/2	1	2	_____
Premenstrual tension	8	x	1/2	1	2	_____
Inability to concentrate	8	x	1/2	1	2	_____
Mental depression	8	x	1/2	1	2	_____
Food allergies & sensitivities	7	x	1/2	1	2	_____
Craving for sweets	7	x	1/2	1	2	_____
Headaches	6	x	1/2	1	2	_____
Alcohol intolerance	6	x	1/2	1	2	_____
Poor memory	5	x	1/2	1	2	_____
Heart palpitations	5	x	1/2	1	2	_____
Total Score						_____

30 or less: Minimal probability of Adrenal Axis-Stress related problem.

31 to 50: xModerate probability of Adrenal Axis-Stress related problem. ASI Test worth consideration.

51 and up: High probability of Adrenal Axis-Stress related problem. **ASI Test recommended.**

Part B

Do you have chronic pain: Yes No

Do you have chronic inflammation: Yes No

Part C

Social Readjustment Rating Scale*

Circle YES or NO to each life event in this list that happened in the last twelve months. For every "Yes" that applies, give yourself the points as listed. Upon completion, total the score and enter in box below.

LIFE EVENT	ANSWER	POINTS
Death of spouse	Yes No	100
Divorce	Yes No	73
Marital seperation	Yes No	65
Jail term	Yes No	63
Death of close family member	Yes No	63

Personal injury or illness	Yes	No	53
Marriage	Yes	No	50
Fired from work	Yes	No	47
Marital reconciliation	Yes	No	45
Retirement	Yes	No	45
Change in family members health	Yes	No	44
Pregnancy	Yes	No	40
Sex difficulties	Yes	No	39
Addition to family	Yes	No	39
Business readjustment	Yes	No	39
Change in financial status	Yes	No	38
Death of close friend	Yes	No	37
Change in line of work	Yes	No	36
Change in # of marital arguments	Yes	No	35
Mortgage or loan over \$10,000	Yes	No	31
Foreclosure of mortgage or loan	Yes	No	30
Change in work responsibilities	Yes	No	29
Son or daughter leaving home	Yes	No	29
Trouble with in-laws	Yes	No	29
Outstanding personal achievement	Yes	No	28
Spouse begins or stops work	Yes	No	26
Starting or finishing school	Yes	No	26
Change in living conditions	Yes	No	25
Revision of personal habits	Yes	No	24
Trouble with boss	Yes	No	23
Change in work hours, conditions	Yes	No	20
Change in residence	Yes	No	20
Change in schools	Yes	No	20
Change in recreational habits	Yes	No	19
Mortgage or loan under \$10,000	Yes	No	18
Change in sleeping habits	Yes	No	16
Change in eating habits	Yes	No	15
Vacation	Yes	No	13

POINTS TOTAL

150 or less 37% chance of illness within the next two years.

151 - 299 50% chance of illness within the next two years. ASI test worth consideration.

300 or above 80% chance of illness within the next two years. **ASI test recommended.**

* Holmes, TH and Rahe, RH Booklet for Schedule of Recent Experience (SRE)

Seattle, University of Washington, 1967 If you scored Moderate to High on Part A, answered yes once in Part B, and scored 151 or more on Part C, the Adrenal Stress Index test is highly advised.