

# Stress Survey

Purpose: To determine if any health problems you may be having are due to stress.

Name \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_  
Occupation: \_\_\_\_\_ #Hrs/week working \_\_\_\_\_

On a scale of 0-10 (0 is no stress and 10 is overwhelmed) rate your stress level on an AVERAGE day.

0 1 2 3 4 5 6 7 8 9 10

Please check off any and all symptoms you may have experienced in the past 6 months, even if they do not seem related to chiropractic or the reason you came to this office.

- High Energy
- Mentally Alert
- Few Symptoms
- Excellent Health
- Resistant to Infections
- Active
- Positive Mental Attitude
- Vibrant

- Poor Attention
- Impulsive
- Easily Distracted
- Disorganized
- Depressed
- Lacking Motivation
- Poor Concentration
- Spaciness
- Constipation
- Low Pain Threshold
- Difficulty Waking
- Worry
- Irritable
- Low Energy

- Migraines
- Headaches
- Seizures
- Sleepwalking
- Hot Flashes
- PMS
- Food Sensitivities
- Bedwetting
- Eating Disorders
- Bipolar Disorder
- Mood Swings
- Panic Attacks

- Cold Hands
- Cold Feet
- Tight Muscles
- Teeth Grinding
- Anxiety
- Heart Palpitations
- Restless Sleep
- Poor Expression of Emotions
- Poor Immune System
- Racing Mind
- High Blood Pressure
- Accelerated Aging
- Irritable Bowel

- Cancer
- Chronic Fatigue Syndrome
- Rheumatoid Arthritis
- Fibromyalgia
- Diabetes
- ALS
- Multiple Sclerosis
- Epstein-Barr Syndrome
- Depression

*"Stress is associated with just about every chronic disease we know." ~ Jill Goldstein, Ph.D., Research Director, Brigham & Womens Hospital, Boston, Ma. 2010*

*"Stress accounts for nearly 80% of all symptom related doctor visits." ~ Johns Hopkins Research Study*