

Name: _____

UNCHAIN YOUR BRAIN MASTER QUESTIONNAIRE

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most complete picture, have another person who knows you well (such as a spouse, lover, or parent) rate you as well. List other person _____

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

Other Self

- | | | | |
|-------|-------|-----|--|
| _____ | _____ | 1. | Trouble sustaining attention |
| _____ | _____ | 2. | Lacks attention to detail |
| _____ | _____ | 3. | Easily distracted |
| _____ | _____ | 4. | Procrastinate until I have to do something |
| _____ | _____ | 5. | Restless |
| _____ | _____ | 6. | Loses things |
| _____ | _____ | 7. | Difficulty expressing empathy for others |
| _____ | _____ | 8. | Blurts out answers, interrupts frequently |
| _____ | _____ | 9. | Impulsive (saying or doing things without thinking first) |
| _____ | _____ | 10. | Needs caffeine or nicotine 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 |

Name: _____

- _____ 36. Excessive fear of being judged or scrutinized by others
- _____ 37. Excessive motivation, trouble stopping work
- _____ 38. Lacks confidence in their 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 the right word to say
- _____ 50. Headaches or abdominal pain of uncertain origin
- _____ 51. Tend to be clumsy or accident prone
- _____ 52. Walks into furniture or walls
- _____ 53. Trouble with coordination
- _____ 54. Poor handwriting
- _____ 55. Trouble maintaining an organized work area
- _____ 56. Multiple piles around the house
- _____ 57. More sensitive to noise than others
- _____ 58. Particularly sensitive to touch or tags in clothing
- _____ 59. Trouble learning new information or routines
- _____ 60. Trouble keeping up in conversations
- _____ 61. Forgetful
- _____ 62. Memory problems
- _____ 63. Trouble remembering appointments
- _____ 64. Trouble remembering to take medications or supplements
- _____ 65. Trouble remembering things that happened recently
- _____ 66. Trouble remembering names
- _____ 67. It is hard for me to memorize things for school, work, or hobbies
- _____ 68. I know something one day but do not remember it to the next
- _____ 69. I forget what I am going to say right in the middle of saying it
- _____ 70. I have trouble following directions that have more than one or two steps
- _____ 71. Have trouble sleeping
- _____ 72. Snores loudly or others complain about your snoring
- _____ 73. Other say you stop breathing when you sleep
- _____ 74. Feel fatigued or tired during the day
- _____ 75. Crave sweets during the day
- _____ 76. Agitated, easily upset, nervous when meals are missed
- _____ 77. Get lightheaded if meals are missed
- _____ 78. Eating relieves fatigue
- _____ 79. Light sensitive and bothered by glare, sunlight, headlights, or streetlights
- _____ 80. Become tired and/or experience headaches, mood changes, feel restless, or have an inability to stay focused with bright or fluorescent lights
- _____ 81. Have trouble reading words that are on white, glossy paper
- _____ 82. When reading, words or letters shift, shake, blur, move, run together, disappear, or become difficult to perceive
- _____ 83. Feel tense, tired, sleepy, or even get headaches with reading

Name: _____

- _____ 84. Have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving
- _____ 85. Night driving is hard
- _____ 86. Craving for simple carbohydrates, such as bread, pasta, cookies, or candy
- _____ 87. Winter depression (mood problems tend to occur in the fall and winter months and recede in the spring and summer)
- _____ 88. Diet is poor and tends to be haphazard
- _____ 89. Do not exercise
- _____ 90. 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
- _____ 91. Live under daily or chronic stress, in my home or work life
- _____ 92. Thoughts tend to be negative, worried, or angry
- _____ 93. Problems getting at least six to seven hours of sleep a night
- _____ 94. Smoke or am exposed to second hand smoke
- _____ 95. Drink or consume more than two cups of coffee, tea, or dark sodas a day
- _____ 96. Use aspartame and/or MSG
- _____ 97. Spends time around environmental toxins, such as paint fumes, hair or nail salon fumes, or pesticides
- _____ 98. Spend more than one hour a day watching TV
- _____ 99. Spend more than one hour a day playing video games
- _____ 100. Outside of work time, spend more than one hour a day on the computer
- _____ 101. Consume more than three normal-size drinks of alcohol a week
- _____ 102. Struggle with addictions for food, drugs, or behaviors
- _____ 103. Struggle with unhealthy cravings, either for food, alcohol, or drugs
- _____ 104. Energy is low

Answer "Yes" or "No"

- _____ 105. My brain needs help to recover from a brain injury, stroke, drug abuse, moderate to heavy alcohol usage, environmental toxins

UNCHAIN YOUR BRAIN MASTER 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) problems
- _____ 11 – 20 Anterior cingulate gyrus (ACG) problems
- _____ 21 – 30 Deep limbic system (DLS) problems
- _____ 31 – 40 Basal ganglia (BG) problems
- _____ 41 – 50 Temporal lobe (TL) problems
- _____ 51 – 60 Cerebellum Problems
- _____ 61 – 70 Memory Problems

For the six brain systems above and memory problems, find below the likelihood that a problem exists. If there is a potential problem see the corresponding section of the book or summary sheets.

- 5 questions = Highly probable
- 3 questions = Probable
- 1-2 questions = May be possible

- _____ 71 Insomnia
- _____ 72 – 74 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 often feel tired and depressed. This condition is best evaluated by a sleep study 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.
- _____ 75 – 78 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.
- _____ 79 – 85 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.
- _____ 86 Carbohydrate Cravings. If you answered this question with a score of “3” or “4” carbohydrate cravings may be a problem. Dr. Amen’s experience led him to develop Craving Control to help people manage their cravings.
- _____ 87 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.

_____ 88 – 101 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! Keep up the good work.

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!

_____ 102. Addiction Issues. If you scored 3 or 4 on this question, a comprehensive addiction program could be very helpful, maybe even lifesaving, for you.

Type 1 Compulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 11 – 20 you are likely to have the compulsive addiction type.

Type 2 Impulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 1-10 you are likely to have the impulsive addiction type.

Type 3 Impulsive-Compulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on both questions 1-10 and 11-20 you are likely to have the impulsive-compulsive addiction type.

Type 4 Sad or Emotional Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 21 – 30 you are likely to have the sad or emotional addiction type.

Type 5 Anxious Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 31 – 40 you are likely to have the anxious addiction type.

Type 6 Temporal Lobe Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 41 – 50 you are likely to have the temporal lobe addiction type.

_____ 103. Cravings. If you scored 3 or 4 on this question, cravings may be a problem for you and you may benefit from information in Chapter 10: Craving Control or our craving formula Craving Control.

_____ 104. Low Energy. If you scored 3 or 4 on this question, low energy may be a problem for you and you may benefit from our Focus and Energy Optimizer.

Answer “Yes” or “No”

_____ 105. My brain needs help to recover from a brain injury, stroke, drug abuse, moderate to heavy alcohol usage, environmental toxins. Consider our Brain and Memory Power Boost.