

ADAM questionnaire about potential symptoms of low testosterone
(ADAM = Androgen Deficiency in the Aging Male)

This basic questionnaire can be very useful for men to describe the kind and severity of their potentially low testosterone symptoms.

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|--|-----|----|
| 1. Do you have a decrease in libido (sex drive)? | Yes | No |
| 2. Do you have a lack of energy? | Yes | No |
| 3. Do you have a decrease in strength and/or endurance? | Yes | No |
| 4. Have you gained weight or had trouble losing weight? | Yes | No |
| 5. Have you noticed problems with your sleep? | Yes | No |
| 6. Are you sad and / grumpy / depressed? | Yes | No |
| 7. Are your erections less strong? | Yes | No |
| 8. Noticed a recent deterioration in your physical activity ability or health? | Yes | No |
| 9. Are you falling asleep after dinner? | Yes | No |
| 10. Has there been a deterioration in your work performance / effort? | Yes | No |

If you answer Yes to number **1 or 7** or if you answer **Yes to more than 3 questions**, you are more likely to have low Testosterone compared to someone who doesn't.

Score: _____ / 10

Aging Male Symptoms Scale - AMS Questionnaire

Determining your **Aging Male Symptoms Score (AMS)** is a simple and effective way to detect whether you may have low testosterone.

Based on a set of 17 factors, the score is designed to determine whether there is a general indication for low T. Just fill in all of the boxes, then add up your score.

You may want to take your Aging Male Symptoms Score sheet with you when you visit your doctor.

Each item is rated on a scale of 1 to 5. There are 17 in total, so the minimum score is 17 and the maximum score is 85.

It's important to keep in mind that having symptoms isn't necessarily an indication you have low T. Symptoms could be related to some other cause, so blood tests are the best way to make a diagnosis.

Which of the following symptoms apply to you at this time? Choose the appropriate rating (1-5) for each one. For any symptom that does not apply, please mark "none" (1).

Symptom Scores: **None** = 1 **Mild** = 2 **Moderate** = 3 **Severe** = 4 **Extremely Severe** = 5

	Score:
1. Decline in your feeling of general well-being / health	_____
2. Joint pain and muscular aches	_____
3. Excessive sweating	_____
4. Difficulty sleeping well / problems	_____
5. Increased need for sleep, often feeling tired	_____
6. Irritability - feeling aggressive, easily upset about little things, moody	_____
7. Nervousness - inner tension, restlessness, feeling fidgety	_____
8. Anxiety - feeling panicky	_____
9. Physical exhaustion / general decrease in performance, reduced activity, feeling of getting less done, having to force oneself to undertake activities	_____
10. Decrease in muscular strength in general	_____

- 11. Depressive mood (feeling down, sad, on the verge of tears) _____
- 12. Feeling that you have passed your peak _____
- 13. Feeling burnt out, having hit rock-bottom _____
- 14. Decrease in beard growth _____
- 15. Decrease in ability/frequency to perform sexually _____
- 16. Decrease in the number of morning erections _____
- 17. Decrease in sexual desire / libido / lacking pleasure in sex _____

Total score: _____

(Score interpretation below)

The scores are as follows:

< 26 means you have no significant symptoms consistent with low testosterone

27-36 means you have mild symptoms consistent with possible low testosterone

37-49 means you have moderate symptoms consistent with low testosterone

> 50 means you have severe symptoms consistent with low testosterone

If your score is 27 or greater, that would suggest your hormone levels should be tested.

Male Andropause Symptoms Self-assessment Questionnaire (MASSQ)

Scores

1-None 2-Mild 3-Moderate 4-Severe 5-Very severe

1. Decline in feeling of general well-being (general state of health, subjective feeling) _____
2. Joint pain and muscular ache (lower back, joint pain, pain in a limb, general back ache) _____
3. Excessive sweating (unexpected/sudden episodes of sweating, hot flushes independent of strain) _____
4. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early and feeling tired, poor quality sleep, sleeplessness) _____
5. Increased need for sleep, often feeling tired _____
6. Irritability (feeling aggressive, easily upset about little things, moody) _____
7. Nervousness (inner tension, restlessness, feeling fidgety) _____
8. Anxiety (feeling panicky) _____
9. Physical exhaustion/lacking vitality (general decrease in performance, reduced activity, lacking interest in leisure activities, feeling of getting less done, of achieving less; of having to force oneself to undertake activities) _____
10. Decrease in muscular strength (feeling of weakness) _____
11. Depressive mood (feeling down, sad, on the verge of tears, lack of tears, lack of drive, mood swings, feeling nothing is of any use) _____
12. Feeling that you have passed your peak _____

- 13. Feeling burnt out, having hit rock bottom _____
- 14. Decrease in beard growth _____
- 15. I fall asleep after dinner _____
- 16. I notice a decreased enjoyment of life _____
- 17. I feel like I am losing height _____
- 18. I notice a decrease in strength and endurance _____
- 19. I have decreased sex drive (libido) _____
- 20. I notice a decrease in my ability to play sports _____
- 21. I am sadder and/or more grumpy than usual _____
- 22. I notice a lack of energy _____
- 23. Decrease in ability/frequency to perform sexually _____
- 24. Decrease in the number of morning erections _____
- 25. Decrease in sexual desire/libido (lacking pleasure in sex, lacking desire for sexual intercourse) _____

Total score of items 1 - 25

Final score

Likelihood of male menopause (low T)

Less than 40

You probably don't need testosterone therapy

40 - 84

You might benefit from testosterone therapy

Greater than 85

You almost certainly would benefit from testosterone therapy