

# The Four-Part Mood Questionnaire

Adopted from The Mood Cure by Julia Ross M.A.

Circle the number next to each that you identify with. Total your score in each section and compare it to the cut-off score.

## Part 1 Are You Under a Dark Cloud?

- 3 Do you have a tendency to be negative, to see the glass as half empty rather than half full? Do you have dark, pessimistic thoughts?
- 3 Are you worried and anxious?
- 3 Do you have feelings of low self esteem and lack confidence? Do you easily get to be feeling self-critical and guilty?
- 3 Do you have obsessive, repetitive, angry, or useless thought that you can't just turn off? - for instance, when you're trying to get to sleep?
- 3 Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer TV or work addict?
- 3 Do you really dislike the dark weather or have a clear-cut fall/winter depression?
- 2 Are you apt to be irritable, impatient, edgy, or angry?
- 3 Do you tend to be shy or fearful? Do you get nervous or panicky about heights, spiders, snakes, bridges, crowds, leaving the house, or anything else?
- 2 Have you had anxiety attacks or panic attacks (your heart races, it's hard to breath)?
- 2 Do you get PMS or menopausal moodiness (tears, anger, depression)?
- 3 Do you hate hot weather?
- 2 Are you a night owl, or do you often find it hard to get to sleep even though you want to?
- 2 Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
- 3 Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
- 2 Do you find relief from any of the above symptoms through exercise?
- 3 Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?
- 2 Have you had suicidal thoughts or plans?

Total\_\_\_\_\_ If your score is more than 12 you are probably low of serotonin.

## Part 2. Are you suffering from the Blahs?

- 3 Do you often feel depressed - the flat, bored, apathetic kind?
- 2 Are you low on physical or mental energy? Do you feel tired a lot; have to push yourself to exercise?
- 2 Is your drive, enthusiasm, and motivation quota on the low side?
- 3 Do you have difficulty focusing or concentrating?
- 3 Do you need a lot of sleep? Are you slow to wake up in the morning?

- 3 Are you easily chilled? Do you have cold hands or feet?
- 2 Do you tend to on weight too easily?
- 3 Do you feel the need to get more alert and motivated by consuming a lot of coffee or other “uppers” like sugar, diet soda, ephedra, amphetamines or cocaine?

Total \_\_\_\_\_ If your score is more than 6 you are probably low in catecholamines (dopamine, norepinephrine or epinephrine).

### **Part 3. Is Stress Your Problem**

- 3 Do you often feel overworked, pressured, or deadlined?
- 1 Do you have trouble relaxing, or loosening up?
- 1 Does your body tend to be stiff, uptight, or tense?
- 2 Are you easily upset, frustrated, or snappy under stress?
- 3 Do you often feel overwhelmed or as though you just can't get it all done?
- 2 Do you feel weak or shaky at times?
- 3 Are you sensitive to bright lights, noise or chemical fumes? Do you need to wear dark glasses a lot?
- 3 Do you feel significantly worse if you skip meals or go too long without eating?
- 2 Do you use tobacco, alcohol, food, or drugs to relax and calm down?

Total \_\_\_\_\_ If your score is more than 8 you may have adrenal exhaustion, GABA deficiency, sex hormone imbalance or other causes that are overtaxing the system.

### **Part 4. Are You too Sensitive to Life's Pains?**

- 3 Do you consider yourself or do others consider you to be very sensitive? Does emotional pain or perhaps physical pain really get to you?
- 2 Do you tear easily – for instance, even during TV commercials?
- 2 Do you tend to avoid dealing with painful issues?
- 3 Do you find it hard to get over losses or get through grieving?
- 2 Have you been through a great deal or physical or emotional pain?
- 3 Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats like chocolate, bread, wine, romance novels, marijuana, or tobacco?

Total \_\_\_\_\_ If your score is more than 6 your endorphins may be low. DLPA sometimes with other amino acids may help.

All of these conditions get better faster with emotional support and a good diet.