MSQ (Medical Symptoms Questionnaire)



This screening questionnaire from the Institute for Functional Medicine (*www.IFM.org*) is used to assess and track symptoms. If this is your first time taking the MSQ, rate each of the following symptoms based on your health for the past two weeks. If you are tracking recent changes, answer according to the last 48 hours. Please score from 0 to 4 according to the scale

Occasionally have this severe effect



Frequently have this mild effect

Frequently have this severe effect

Digestion

 Nausea or vomiting

 Diarrhea or loose stools

 Constipation

 Bloated feeling

 Belching or passing gas

 Heartburn/GERD

 Intestinal or stomach pain

Ears

Itchy ears
Earaches or infections
Drainage from ear
Ringing or hearing loss

Emotions

_____Mood swings _____Anxiety, nervousness _____Anger, irritability _____Depression

Energy

_____Fatigue, sluggishness ____Lethargy, apathy _____Hyperactivity _____Restlessness, distracted

Eyes

Itchy, watery eyes Swollen, red eyelids Bags or circles under eyes Blurred or tunnel vision

SUBTOTAL

GRAND TOTAL:

Head

- ____Headaches _____Faintness ____Dizziness Insomnia
 - Heart
- Irregular or skipped beats Rapid, pounding heartbeat Chest pain

Musculoskeletal

_____Joint pains or aches _____Arthritis _____Stiffness or limitation of motion _____Muscle pains or aches Feeling weak or tired

Lungs

- Chest congestion
 Asthma, bronchitis
 - ____Shortness of breath Difficult breathing

Mind

Poor memory Confusion, poor comprehension Poor concentration Poor physical coordination Difficulty making decisions Stuttering, stammering Slurred speech Learning disabilities

SUBTOTAL

Optimal: less than 20 Mild dysfunction: 21-50

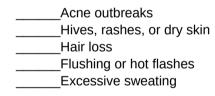
Mouth/throat

Chronic coughing Gagging, frequent throat clearing Sore/hoarse throat, loss of voice Swollen, discolored tongue, lips Canker sores

Nose

Stuffy nose
Sinus problems, infections, etc
Hay fever or allergies
Sneezing attacks
Excessive mucus formation

Skin



Weight

- Binge eating/drinking

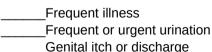
 Craving certain foods

 Excessive weight

 Compulsive eating

 Water retention
 - ____Underweight

Other



SUBTOTAL

Moderate dysfunction: 51-100 Severe dysfunction: above 101