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Family Medicine

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MEN'S HORMONE HEALTH QUESTIONNAIRE

Patient Name: _____

Date of Birth: _____

Date: _____

Instructions

Please rate how much each symptom has affected you over the past 3–6 months.

Score	Meaning
0	Not Present
1	Mild
2	Moderate
3	Significant
4	Severe

ENERGY / MOOD

Symptom	0	1	2	3	4
Fatigue / low energy	☐	☐	☐	☐	☐
Decreased motivation	☐	☐	☐	☐	☐
Reduced stamina / endurance	☐	☐	☐	☐	☐
Feeling physically weaker	☐	☐	☐	☐	☐
Depressed mood	☐	☐	☐	☐	☐
Increased irritability	☐	☐	☐	☐	☐

Anxiety / stress intolerance | ☐ | ☐ | ☐ | ☐ | ☐ |

Brain fog / poor concentration | ☐ | ☐ | ☐ | ☐ | ☐ |

Memory problems | ☐ | ☐ | ☐ | ☐ | ☐ |

Lack of confidence / drive | ☐ | ☐ | ☐ | ☐ | ☐ |

SLEEP

Symptom | 0 | 1 | 2 | 3 | 4 |

Difficulty falling asleep | ☐ | ☐ | ☐ | ☐ | ☐ |

Difficulty staying asleep | ☐ | ☐ | ☐ | ☐ | ☐ |

Non-restorative sleep | ☐ | ☐ | ☐ | ☐ | ☐ |

Daytime sleepiness | ☐ | ☐ | ☐ | ☐ | ☐ |

SEXUAL / HORMONAL HEALTH

Symptom | 0 | 1 | 2 | 3 | 4 |

Decreased libido / sex drive | ☐ | ☐ | ☐ | ☐ | ☐ |

Fewer morning erections | ☐ | ☐ | ☐ | ☐ | ☐ |

Erectile dysfunction | ☐ | ☐ | ☐ | ☐ | ☐ |

Difficulty maintaining erections | ☐ | ☐ | ☐ | ☐ | ☐ |

Reduced sexual performance | ☐ | ☐ | ☐ | ☐ | ☐ |

Reduced sensation or pleasure | ☐ | ☐ | ☐ | ☐ | ☐ |

BODY COMPOSITION / PHYSICAL PERFORMANCE

Symptom | 0 | 1 | 2 | 3 | 4 |

Loss of muscle mass | ☐ | ☐ | ☐ | ☐ | ☐ |

Increased abdominal fat | ☐ | ☐ | ☐ | ☐ | ☐ |

Difficulty building muscle | ☐ | ☐ | ☐ | ☐ | ☐ |

Slower workout recovery | ☐ | ☐ | ☐ | ☐ | ☐ |

Reduced exercise performance | ☐ | ☐ | ☐ | ☐ | ☐ |

Joint aches / stiffness | ☐ | ☐ | ☐ | ☐ | ☐ |

Decreased physical strength | ☐ | ☐ | ☐ | ☐ | ☐ |

OTHER POSSIBLE HORMONE-RELATED SYMPTOMS

Symptom | 0 | 1 | 2 | 3 | 4 |

Hair thinning / hair loss | ☐ | ☐ | ☐ | ☐ | ☐ |

Hot flashes / flushing | ☐ | ☐ | ☐ | ☐ | ☐ |

Reduced beard growth | ☐ | ☐ | ☐ | ☐ | ☐ |

Dry skin | ☐ | ☐ | ☐ | ☐ | ☐ |

Reduced stress tolerance | ☐ | ☐ | ☐ | ☐ | ☐ |

Feeling "not like yourself" | ☐ | ☐ | ☐ | ☐ | ☐ |

GOALS FOR TREATMENT

(Examples: more energy, better sleep, improved libido, muscle gain, mood improvement, weight loss, etc.)

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_____

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