MSQ – Neurotransmitter Profile

Rate each of the following symptoms based upon your typical health profile for the past 30 days.

Point Scale:
0 = Never or almost never have the symptom
1 = Occasionally have it, effect is not severe
2 = Frequently have it, effect is not severe
3 = Occasionally have it, effect is severe
4 = Frequently have it, effect is severe

Dopamine	____ Sugar cravings ____ Caffeine cravings ____ Lightheaded ____ Loss of strength, weakness ____ Fatigue ____ Diarrhea ____ Routine task difficulty ____ Procrastination ____ Carelessness ____ Disinterest in sex ____ Diminished self image ____ Isolation ____ Inability to follow instructions ____ Forgetfulness ____ Inability to process information ____ Poor abstract thinking ____ Diminished alertness ____ Failure to complete tasks ____ Poor concentration	Total _____	Acetylcholine	____ Fat cravings ____ Dry mouth ____ Slowed reflexes ____ Sexual dysfunction ____ Speech problems ____ Vision problems ____ Problems with urination ____ Involuntary movements ____ Confused thinking ____ Indecisiveness ____ Personality changes ____ Mood swings ____ Rebelliousness ____ Memory lapses ____ Loss of visual and verbal memory ____ Memory disturbance ____ Difficulty concentrating ____ Diminished comprehension ____ Impaired creativity ____ Reading/Writing difficulties	Total _____
GABA	____ Carbohydrate cravings ____ Flushing ____ Butterflies in stomach ____ Lump in throat ____ Ringing in ears ____ Muscle tension ____ Trembling ____ Twitching ____ Numbness/tingling in fingers ____ Hyperventilation ____ Blurred vision ____ Abnormal sense of smell ____ Unusual allergies ____ Night sweats ____ Rapid heart rate ____ Chest pain or discomfort ____ Restlessness ____ Feelings of dread ____ Emotional immaturity ____ Short temper ____ Phobias ____ Poor verbal memory ____ Impulsivity ____ Disorganization	Total _____	Serotonin	____ Salt cravings ____ Backache ____ Headache ____ Cold or clammy hands ____ Shortness of breath ____ Premature ejaculation ____ Drug reactions ____ Yawning ____ Sleep disturbances ____ Impulsiveness ____ Startle easily ____ High pain / pleasure threshold ____ Depersonalization ____ Lack of common sense ____ Rage ____ Visual memory deficiency ____ Slow reactions ____ Restlessness ____ Lack of concentration ____ PMS ____ Depression ____ Obsessive/Compulsive	Total _____

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