



Patient Name _____
Date _____

THYROID SYMPTOM SURVEY

Instructions: grade your symptoms according to the following:
0 – don't have this 1- mild 2- moderate 3- severe

HYPOTHYROID SYMPTOMS

- 1. More tired and sluggish than normal. _____
- 2. Drier skin or hair than normal. _____
- 3. Sleep more than usual..... _____
- 4. Weaker muscles. _____
- 5. Colder than others. _____
- 6. Muscles cramp more than usual..... _____
- 7. Poorer memory..... _____
- 8. More depressed..... _____
- 9. Slower thinking. _____
- 10. Eyes are more puffy. _____
- 11. Math is more difficult..... _____
- 12. Hoarser or deeper voice. _____
- 13. Constipated more often. _____
- 14. Coarser hair..... _____
- 15. Puffy hands and feet..... _____
- 16. Unsteady gait..... _____
- 17. Gain weight easily. _____
- 18. Outer third of eyebrows thin..... _____

The next 2 questions apply to menstruating females only:

- 19. Menses more irregular..... _____
- 20. Heavier menses..... _____
- Total**..... _____

HYPERTHYROID SYMPTOMS

- 1. Tachycardia (fast pulse, heart racing). ... _____
- 2. Palpitations (skipping of pulse or heart)... _____
- 3. Insomnia (can't sleep). _____
- 4. Shakiness (tremors). _____
- 5. Increased sweating..... _____
- 6. Brittle nails..... _____
- 7. Loss of appetite. _____
- Total**..... _____

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