

ADULT METHYLATION QUESTIONNAIRE * (ADAPTED FROM PFEIFFER)

NAME: _____

DATE: _____

* To be completed by patient

Please indicate by circling which response best describes you, particularly in an un-medicated and un-supplemented state.

Mental			
Academic accomplishment in traditional subjects at school e.g. maths, science, literacy	High	Medium	Low
Artistic & musical abilities		No	Strong
Learning difficulties in school including dyslexia	No		Yes
Perfectionistic traits either in past or now	Yes	No	
Motivation	High	Medium	Low
Competitiveness in any area – may be with others or self	High	Medium	Low
May be described as talkative	No		Yes
May be described as hyperactive at times		No	Yes
Religious beliefs		No	Yes
Emotional			
Anxiety or inner turmoil	Outwardly calm with marked inner anxiety	None	Anxiety which is evident to all and can become panic
Phobias	Yes	No	
Obsessive compulsive or ritualised behaviours	Yes	No	
Strong sense of routine, order & control e.g. diet, cleaning, work	Yes		No – but try to keep routine doesn't often work out that way
Tendency to collecting things → hoarding	Yes	No	
Insomnia – generally difficult to wind down → severe insomnia	Yes	No	
Previous or current diagnoses of	OCD or Anorexia or Bulimia or Addictions of any sort		Panic Attacks or ADHD or Psychoses including schizophrenia

Physical features			
Allergies & sensitivities	Inhalant e.g. hayfever, dust mite	Neither	Chemical e.g. perfumes <u>OR</u> food intolerances such as salicylates
Metabolic rate	Fast – tendency to slimness	Average	Slow – tendency to overweight
Athleticism	Strong	Neither	Poor
Libido when in relationship	High	Average	Low
Response to Previous Medications & Nutrients			
Response to anti-histamines	Positive	NA or Unknown	Negative
Mood response to antidepressants e.g. any medications use to increase serotonin levels	Positive	NA or Unknown	Negative
Mood response to Valium, Xanax, Temazepam, Lorazepam	Minor benefit, No effect or Negative	NA or Unknown	Strong Positive
Oestrogen e.g. contraceptive pill, HRT	Positive	NA or Unknown	Negative
Mood response to SAMe	Positive or nil	NA or Unknown	Negative
Mood response to folic acid	Negative	NA or Unknown	Positive or nil
Pathology Test Results (to be filled in by clinician when available)			
Whole Blood Histamine	> 0.55umol/L	0.4-0.55 umol/L	<0.4 umol/L
Basophils	Tend to be > 0.02	NA or Unknown	Tend to be < 0.02
Homocysteine	Tends to be low < 7	NA or Unknown	Tends to be high > 9
Elevated Copper		No	Yes
<p>How to Calculate Column Totals</p> <ul style="list-style-type: none"> • Award 0 points to each 'NA or Unknown' • Award 1 point per answer in unshaded rows Award 2 points per answer in green shaded rows 			
Marked dominance of 1 column total suggestive of	Under	Neither	Over