

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



Digestion

- Nausea or vomiting
- Diarrhea or loose stools
- Constipation
- Bloating 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

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

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

- Acne outbreaks
- Hives, rashes, or dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating

Weight

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

Other

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge

SUBTOTAL

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GRAND TOTAL:

Optimal: less than 20
Mild dysfunction: 21-50

Moderate dysfunction: 51-100
Severe dysfunction: above 101