



Neuroplastic Conditions Self-Assessment Questionnaire

(Adapted with permission from *Psychophysiologic Disorders Self-Assessment Questionnaire* by David Clarke MD and Howard Schubiner MD)

This questionnaire is designed to improve understanding of your symptoms. The more questions to which you answer 'Yes' (the maximum is 31) the more likely it is that your symptoms are neuroplastic in nature. Of course, these questions are only a screen for stresses capable of causing neuroplastic symptoms. They will not detect every stress that can cause pain or illness nor can they provide a definitive diagnosis. If you have concerns about your answer to any question, a discussion with a medical or mental health professional is recommended.

Symptom Questions

Certain symptom characteristics are more common in neuroplastic conditions than they are in organ disease or structural abnormalities.

- Has your doctor completed diagnostic testing without finding a definite cause for your pain or other symptom(s)?
- If your physician believes your symptoms are caused by an organ disease or structural abnormality, has your treatment *not* led to the expected improvement?
- Do you have more than one symptom?
- Are your symptoms located in different areas of the body?
- Are these symptoms different in type?
- Did the symptom begin with no obvious trigger or cause?
- If the symptom began after an injury, has it persisted long after the injury should have healed (usually around 6 weeks)?
- Does your symptom move or migrate to different body locations over time?
- Do your symptoms have the quality of tingling, electric shock, burning, numbness, heat or cold?
- Are your symptoms more or less intense depending on the time of day, such as first thing in the morning or in the middle of the night?
- Do your symptoms occur after, but not during, activity or exercise?
- Are your symptoms triggered by or increased by stress or thinking about stressful situations?
- Are your symptoms less severe or less frequent when you are engaged in enjoyable or distracting activities, such as vacation?
- Are your symptoms less severe or less frequent when you are in an environment that feels safe for you?
- Are your symptoms less severe or non-existent after physical treatment such as massage, chiropractic, Reiki, acupuncture, or after an herbal or vitamin supplement?
- Are your symptoms triggered by foods, smells, sounds, light, computer screens, menses, changes in the weather or specific movements?
- Are your symptoms triggered by the anticipation of stress, such as prior to school, work, a doctor's visit, a medical test, a visit to a relative, a social gathering or during those activities?
- Are your symptoms triggered simply by *imagining* engaging in the triggering activity, such as bending over, turning the neck, sitting or standing?
- Are your symptoms triggered by light touch or gentle stimuli, such as the wind or cold?
- Earlier in your life, have you had other physical symptoms that your physician struggled to diagnose?

Personality Trait Questions

Certain traits are common in people with neuroplastic symptoms and can be a significant source of stress.

- Would you describe yourself as highly detail-oriented or a perfectionist?
- Is it highly important to you to please others or be seen as good by others?
- Are you often more critical of yourself than others are?
- Are people who caused stress for you as a child still active in your life?
- As an adult, have you been in close relationships with people outside your original family to whom you gave more of yourself than you received in return?
- As an adult, have you been in close relationships with people outside your original family who placed heavy demands on you, or tried to control, threaten or harm you?

Mental Health and Stress Questions

These issues can be difficult to recognise at times.

- Have you experienced a significant amount of stress in your life recently?
- Do you often neglect your own needs because you are taking care of others?
- In the past or present, have you had an eating disorder (anorexia or bulimia), an addiction (drugs, alcohol, food, sex, work, gambling, shopping, exercise) or deliberately injured yourself such as by cutting?
- Did your symptoms begin soon after a traumatic event or after a triggering event that is linked to a trauma?
- If you learned that a child you care about was experiencing everything you did as a child, would you feel sad or angry?