

FOR MEN ONLY: ADAM Questionnaire plus additional questions

Name _____ Age _____ Date _____

Circle your answers and follow the directions below to learn your score.

- | | | |
|--|-----|----|
| 1. Do you have less libido (sex drive)? | Yes | No |
| 2. Do you have low energy? | Yes | No |
| 3. Have you lost weight? | Yes | No |
| 4. Have you noticed a decreased "enjoyment in life"? | Yes | No |
| 5. Are you sad and/or grumpy? | Yes | No |
| 6. Have you lost height? | Yes | No |
| 7. Are your erections not as strong? | Yes | No |
| 8. Have you noticed a recent deterioration in your ability to play sports? | Yes | No |
| 9. Are you falling asleep after dinner? | Yes | No |
| 10. Has there been a recent deterioration in your work performance | Yes | No |

If you answer "yes" to questions 1 or 7 or any 3 other questions, you may have low T.

Adapted from Morley JE, et al. Validation of a screening questionnaire for androgen deficiency in aging males. *Metabolism*. 2000;49(9):1239-1242.

"It is now well established that testosterone levels decline with age. What has not been established is whether the decline in testosterone is associated with a symptom complex. This study examined whether certain symptoms are more commonly present in males with low bioavailable testosterone (BT) levels. These were used to evaluate a questionnaire for androgen deficiency in aging males (ADAM). The validity of the ADAM questionnaire to screen for low BT was tested in 316 Canadian physicians aged 40 to 62 years. Low BT levels were present in 25% of this population. None had elevated luteinizing hormone (LH) levels. The ADAM questionnaire had 88% sensitivity and 60% specificity. When the questionnaire was administered twice 2 to 4 weeks apart to 10 men, it was determined that the coefficient of variation was 11.5%. In a second study of 34 ADAM-positive patients, 37% of those with clearly normal BT levels demonstrated some evidence of dysphoria. Finally, in 21 patients who were treated with testosterone, improvement on the ADAM questionnaire was demonstrated in 18 ($P = .002$). These data support the concept of a symptom complex associated with low BT levels in aging males. In addition, the ADAM questionnaire appears to be a reasonable screening questionnaire to detect androgen deficiency in males over 40 years of age."

Check the questions below that pertain to you.

- | | |
|--|--|
| <input type="checkbox"/> Have you been diagnosed with osteoporosis? | <input type="checkbox"/> Do you experience hot flashes? |
| <input type="checkbox"/> Do you have chronically dry skin? | <input type="checkbox"/> Do you have chronic pain? |
| <input type="checkbox"/> Are you losing body hair, especially on the legs? | <input type="checkbox"/> Have you gained weight gradually without an obvious cause? |
| <input type="checkbox"/> Are you balding? | <input type="checkbox"/> Are you experiencing difficulty losing weight? |
| <input type="checkbox"/> Do you experience an unexplainable unhappiness? | <input type="checkbox"/> Are you retaining fat in your abdomen (increased belly fat)? |
| <input type="checkbox"/> Have you become more irritable? | <input type="checkbox"/> Do you produce less semen so your ejaculation quantity is reduced? |
| <input type="checkbox"/> Do you have less ability to cope with stress? | <input type="checkbox"/> Have you been diagnosed with insulin resistance, diabetes, or metabolic syndrome? |
| <input type="checkbox"/> Are you more emotional? | |
| <input type="checkbox"/> Does your body temperature fluctuate easily? | |

