

Scoring the Thyroid Questionnaire

In order to provide a more useful monitoring tool, I propose that you score this Thyroid Questionnaire in the following way:

For the History statements / questions do give one mark for each affirmative response. The maximum score for this section will be 5 for men and 6 for women. (Once completed this does not need to be answered again.)

For the Signs and Symptoms section, I propose that you score with a 0, 1 or 2 or 3 in order to provide a more discerning monitoring tool over time.

0 (or leave blank) = No or Do not have the symptom, the symptom does not occur.

1 = Yes or it is a minor or mild symptom or it rarely occurs (once a month or less)

2 = It is a moderate symptom or it occasionally occurs (weekly)

3 = It is a severe symptom or it frequently occurs (daily)

The questionnaire is not diagnostic, it is a guide. However, signs and symptoms may be more revealing than blood tests which often reflect that one's levels of thyroid hormones are 'normal'.

One does not have to have a high score in order to have a degree of sub clinical hypothyroidism (SCH), but the more signs and symptoms one has the more likely it is that SCH is present.

Repeat the completion of the signs and symptoms section of the questionnaire every 6 weeks or so in order to review how you are progressing with improving your thyroid hormone function.

Best regards

Antony Haynes, Registered Nutritional Therapist