

Neurotransmitter Assessment Form™ (NTAF)

Name: _____ Age: _____ Sex: _____ Date: _____

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

SECTION A

- Is your memory noticeably declining? 0 1 2 3
- Are you having a hard time remembering names and phone numbers? 0 1 2 3
- Is your ability to focus noticeably declining? 0 1 2 3
- Has it become harder for you to learn new things? 0 1 2 3
- How often do you have a hard time remembering your appointments? 0 1 2 3
- Is your temperament generally getting worse? 0 1 2 3
- Is your attention span decreasing? 0 1 2 3
- How often do you find yourself down or sad? 0 1 2 3
- How often do you become fatigued when driving compared to in the past? 0 1 2 3
- How often do you become fatigued when reading compared to in the past? 0 1 2 3
- How often do you walk into rooms and forget why? 0 1 2 3
- How often do you pick up your cell phone and forget why? 0 1 2 3

SECTION B

- How high is your stress level? 0 1 2 3
- How often do you feel you have something that must be done? 0 1 2 3
- Do you feel you never have time for yourself? 0 1 2 3
- How often do you feel you are not getting enough sleep or rest? 0 1 2 3
- Do you find it difficult to get regular exercise? 0 1 2 3
- Do you feel uncared for by the people in your life? 0 1 2 3
- Do you feel you are not accomplishing your life's purpose? 0 1 2 3
- Is sharing your problems with someone difficult for you? 0 1 2 3

SECTION C

SECTION C1

- How often do you get irritable, shaky, or have light-headedness between meals? 0 1 2 3
- How often do you feel energized after eating? 0 1 2 3
- How often do you have difficulty eating large meals in the morning? 0 1 2 3
- How often does your energy level drop in the afternoon? 0 1 2 3
- How often do you crave sugar and sweets in the afternoon? 0 1 2 3
- How often do you wake up in the middle of the night? 0 1 2 3
- How often do you have difficulty concentrating before eating? 0 1 2 3
- How often do you depend on coffee to keep yourself going? 0 1 2 3
- How often do you feel agitated, easily upset, and nervous between meals? 0 1 2 3

SECTION C2

- How often do you get fatigued after meals? 0 1 2 3
- How often do you crave sugar and sweets after meals? 0 1 2 3
- How often do you feel you need stimulants, such as coffee, after meals? 0 1 2 3
- How often do you have difficulty losing weight? 0 1 2 3
- How much larger is your waist girth compared to your hip girth? 0 1 2 3
- How often do you urinate? 0 1 2 3
- Have your thirst and appetite increased? 0 1 2 3
- How often do you gain weight when under stress? 0 1 2 3
- How often do you have difficulty falling asleep? 0 1 2 3

SECTION 1

- Are you losing interest in hobbies? 0 1 2 3
- How often do you feel overwhelmed? 0 1 2 3
- How often do you have feelings of inner rage? 0 1 2 3
- How often do you have feelings of paranoia? 0 1 2 3
- How often do you feel sad or down for no reason? 0 1 2 3
- How often do you feel like you are not enjoying life? 0 1 2 3
- How often do you feel you lack artistic appreciation? 0 1 2 3
- How often do you feel depressed in overcast weather? 0 1 2 3
- How much are you losing your enthusiasm for your favorite activities? 0 1 2 3
- How much are you losing your enjoyment for your favorite foods? 0 1 2 3
- How much are you losing your enjoyment of friendships and relationships? 0 1 2 3
- How often do you have difficulty falling into deep, restful sleep? 0 1 2 3
- How often do you have feelings of dependency on others? 0 1 2 3
- How often do you feel more susceptible to pain? 0 1 2 3
- How often do you have feelings of unprovoked anger? 0 1 2 3
- How much are you losing interest in life? 0 1 2 3

Symptom groups listed on this form are not intended to be used as a diagnosis of any disease or condition.

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Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

SECTION 2

- How often do you have feelings of hopelessness? 0 1 2 3
- How often do you have self-destructive thoughts? 0 1 2 3
- How often do you have an inability to handle stress? 0 1 2 3
- How often do you have anger and aggression while under stress? 0 1 2 3
- How often do you feel you are not rested, even after long hours of sleep? 0 1 2 3
- How often do you prefer to isolate yourself from others? 0 1 2 3
- How often do you have unexplained lack of concern for family and friends? 0 1 2 3
- How easily are you distracted from your tasks? 0 1 2 3
- How often do you have an inability to finish tasks? 0 1 2 3
- How often do you feel the need to consume caffeine to stay alert? 0 1 2 3
- How often do you feel your libido has been decreased? 0 1 2 3
- How often do you lose your temper for minor reasons? 0 1 2 3
- How often do you have feelings of worthlessness? 0 1 2 3

SECTION 3

- How often do you feel anxious or panicked for no reason? 0 1 2 3
- How often do you have feelings of dread or impending doom? 0 1 2 3
- How often do you feel knots in your stomach? 0 1 2 3
- How often do you have feelings of being overwhelmed for no reason? 0 1 2 3
- How often do you have feelings of guilt about everyday decisions? 0 1 2 3
- How often does your mind feel restless? 0 1 2 3
- How difficult is it to turn your mind off when you want to relax? 0 1 2 3
- How often do you have disorganized attention? 0 1 2 3
- How often do you worry about things you were not worried about before? 0 1 2 3
- How often do you have feelings of inner tension and inner excitability? 0 1 2 3

SECTION 4

- Do you feel your visual memory (shapes & images) has decreased? 0 1 2 3
- Do you feel your verbal memory has decreased? 0 1 2 3
- Do you have memory lapses? 0 1 2 3
- Has your creativity decreased? 0 1 2 3
- Has your comprehension diminished? 0 1 2 3
- Do you have difficulty calculating numbers? 0 1 2 3
- Do you have difficulty recognizing objects & faces? 0 1 2 3
- Do you feel like your opinion about yourself has changed? 0 1 2 3
- Are you experiencing excessive urination? 0 1 2 3
- Are you experiencing a slower mental response? 0 1 2 3

SECTION 5

- A decrease in mental alertness 0 1 2 3
- A decrease in mental speed 0 1 2 3
- A decrease in concentration quality 0 1 2 3
- Slow cognitive processing 0 1 2 3
- Impaired mental performance 0 1 2 3
- An increase in the ability to be distracted 0 1 2 3
- Need coffee or caffeine sources to improve mental function 0 1 2 3

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Medication History*

Please check any of the following medications you have taken in the past or are currently taking.

Noradrenergic and Specific Serotonergic Antidepressants (NaSSAs)

- Remeron*
- Zispin*
- Avanza*
- Norset*
- Remergil*
- Axit*

Tricyclic Antidepressants (TCAs)

- Elavil*
- Endep*
- Tryptanol*
- Trepiline*
- Asendin*
- Asendis*
- Defanyl*
- Demolox*
- Moxadil*
- Anafranil*
- Norpramin*
- Pertofrane*
- Thaden™
- Prothiaden*
- Adapin*
- Sinequan*
- Tofranil*
- Janamine*
- Gamanil*
- Aventyl*
- Pamelor*
- Opipramol*
- Vivactil*
- Rhotrimine*
- Surmontil*
- Norpramin*

Selective Serotonin Reuptake Inhibitors (SSRIs)

- Paxil*
- Zoloft*
- Prozac*
- Celexa*
- Lexapro*
- Esertia*
- Luvox*
- Cipramil*
- Emocal*
- Seropram*
- Cipralext*
- Fontex*
- Priligy*
- Seromex*
- Seronil*
- Sarafem*
- Fluctin*
- Faverin*
- Seroxat*
- Aropax*
- Deroxat*
- Rexetin*
- Paroxat*
- Lustral*
- Serlain*

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

- Effexor*
- Pristiq*
- Meridia*
- Serzone*
- Dalecipran*
- Cymbalta*

Selective Serotonin Reuptake Enhancers (SSREs)

- Stablon*
- Coaxil*
- Tatinol*

Monoamine Oxidase Inhibitors (MAOIs)

- Marplan*
- Aurorix*
- Manerix*
- Moclodura*
- Nardil*
- Adeline*
- Eldepryl*
- Azilect*
- Marsilid*
- Iprozid*
- Ipronid*
- Rivivol*
- Propilniazida*
- Zyvox*
- Zyvoxid*

Dopamine Receptor Agonists

- Mirapex*
- Sifrol*
- Requip*

Norepinephrine-Dopamine Reuptake Inhibitors (NDRIs)

- Wellbutrin XL*

D2 Dopamine Receptor Blockers (antipsychotics)

- Thorazine*
- Prolixin*
- Trilafon*
- Compazine*
- Mellaril*
- Stelazine*
- Vesprin*
- Nozinan*
- Depixol*
- Navane*
- Fluaxol*
- Clopixol*
- Acuphase*
- Haldol*
- Orap*
- Clozaril*
- Zyprexa*
- Zydys*
- Seroquel XR*
- Geodon*
- Solian*
- Invega*
- Abilify*

GABA Antagonist Competitive Binder

- Romazicon*

Agonist Modulators of GABA Receptors (benzodiazepines)

- Xanax*
- Lexotanil*
- Lexotan*
- Librium*
- Klonopin*
- Valium*
- Prosom*
- Rohypnol*
- Magadon*
- Dalmene*
- Ativan*
- Loramet*
- Sedoxil*
- Dormicum*
- Serax*
- Restoril*
- Halcion*

Agonist Modulators of GABA Receptors (non-benzodiazepines)

- Ambien CR*
- Sonata*
- Lunesta*
- Imovane*

Acetylcholine Receptor Agonists

- Urecholine*
- Evoxac*
- Salagen*
- Isopto*
- Nicotone

Acetylcholine Receptor Antagonists (antimuscarinic agents)

- AtroPen*
- Scopace*
- Atrovent*
- Spiriva*

Acetylcholine Receptor Antagonists (ganglionic blockers)

- Inversine*
- Nicotine (high doses)
- Hexamethonium
- Arfonad*

Acetylcholine Receptor Antagonists (neuromuscular blockers)

- Tracrium*
- Nuromax*
- Metubine*
- Mivacron*
- Pavulon*
- Zemuron*
- Anectine*
- Tubocurarine*
- Norcuron*
- Hemicholinium-3*

Acetylcholinesterase Reactivators

- Protopam*

Cholinesterase Inhibitors (reversible)

- Aricept*
- Exelon*
- Cognex*
- THC
- Carbamate insecticides
- Enlon*
- Prostigmin*
- Antilirium*
- Mestinon*

Cholinesterase Inhibitors (irreversible)

- Echothiophate
- Isoflurophate
- Organophosphate insecticides
- Organophosphate-containing nerve agents

*Please refer to prescribing physician for nutritional interactions with any medications you are taking.