

## Testosterone Deficiency Questionnaire

The follow questionnaire has been designed to identify and grade severity of testosterone deficiency in men which can then be further investigated with salivary hormone tests. Please answer the following questions.

1. Do you have a decrease in libido (sex drive)? Yes / No
2. Do you have a lack of energy? Yes / No
3. Do you have a decrease in strength and/or endurance? Yes / No
4. Have you lost height? Yes / No
5. Have you noticed a decreased "enjoyment of life" Yes / No
6. Are you sad and/or grumpy? Yes / No
7. Are your erections less 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 answered YES to questions 1 or 7 or any 3 other questions, you may be experiencing androgen deficiency (low testosterone level). A simple saliva test done in the privacy of your home can help you determine your free testosterone level.

The questions were originally created and have been adapted from:  
Morley, et al. Validation of a screening questionnaire for androgen deficiency in aging males. *Metabolism*. 2000;49(9):1239-1242