



Provided by Trella M Davis

Coach, Intuitive Counselor & Tea Master

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Brain Health Assessment – Based on Work by Amen Clinics Brain Health Scan Research:

Please rate yourself on each of the symptoms listed below using the following scale.

0-Never, 1-Rarely, 2-Occasionally, 3-Frequently, 4-Very Frequently

- _____ 1. Trouble sustaining attention or being easily distracted
- _____ 2. Struggle with procrastination until I “have” to do something
- _____ 3. Lacks attention to detail
- _____ 4. Difficulty delaying what you want, having to have your needs met immediately
- _____ 5. Trouble listening
- _____ 6. Feeling restless
- _____ 7. Blurts out answers, interrupts frequently
- _____ 8. Makes decisions impulsively
- _____ 9. Excitement seeking
- _____ 10. Needs caffeine, nicotine or sugar in order to focus
- _____ 11. Gets stuck on negative thoughts
- _____ 12. Worries excessively
- _____ 13. Tendency toward compulsive or addictive behaviors
- _____ 14. Holds grudges
- _____ 15. Upset when things do not go your way
- _____ 16. Upset when things are out of place
- _____ 17. Tendency to be oppositional or argumentative
- _____ 18. Dislikes change
- _____ 19. Needing to have things done a certain way or you become very upset
- _____ 20. Trouble seeing options in situations
- _____ 21. Feeling sad
- _____ 22. Being negative
- _____ 23. Feeling dissatisfied
- _____ 24. Feeling bored
- _____ 25. Low energy
- _____ 26. Decreased interest in things that are usually fun or pleasurable
- _____ 27. Feelings of hopelessness, helplessness, worthlessness, or guilt
- _____ 28. Crying spells
- _____ 29. Chronic low self-esteem
- _____ 30. Social isolation
- _____ 31. Feelings of nervousness and anxiety 3
- _____ 32. Feelings of panic
- _____ 33. Symptoms of heightened muscle tension, such as headaches or sore muscles
- _____ 34. Tendency to predict the worst
- _____ 35. Avoid conflict
- _____ 36. Excessive fear of being judged or scrutinized by others

- _____ 37. Excessive motivation, trouble stopping work
- _____ 38. Lacks confidence in abilities
- _____ 39. Always watching for something bad to happen
- _____ 40. Easily startled
- _____ 41. Temper problems
- _____ 42. Short fuse
- _____ 43. Irritability tends to build, then explodes, then recedes, often tired after a rage
- _____ 44. Unstable or unpredictable moods
- _____ 45. Misinterprets comments as negative when they are not
- _____ 46. Déjà vu (feelings of being somewhere you have never been)
- _____ 47. Often feel as though others are watching you or out to hurt you
- _____ 48. Dark or violent thoughts, that may come out of the blue
- _____ 49. Trouble finding to right word to say
- _____ 50. Headaches or abdominal pain of uncertain origin
- _____ 51. Forgetful
- _____ 52. Memory problems
- _____ 53. Trouble remembering appointments
- _____ 54. Trouble remembering to take medications or supplements
- _____ 55. Trouble remembering thing that happened recently
- _____ 56. Trouble remembering names
- _____ 57. It is hard for me to memorize things for school, work or hobbies
- _____ 58. I know something one day but do not remember it to the next
- _____ 59. I forget what I am going to say right in the middle of saying it
- _____ 60. I have trouble following directions that have more than one or two steps
- _____ 61. Tend to be clumsy or accident prone
- _____ 62. Walks into furniture or walls
- _____ 63. Trouble with coordination
- _____ 64. Poor handwriting
- _____ 65. Trouble maintaining an organized work area
- _____ 66. Multiple piles around the house
- _____ 67. More sensitive to noise than others
- _____ 68. Particularly sensitive to touch or tags in clothing
- _____ 69. Trouble learning new information or routines
- _____ 70. Trouble keeping up in conversations
- _____ 71. Have trouble falling asleep
- _____ 72. Have trouble staying asleep
- _____ 73. Do not get at least 7 hours a night
- _____ 74. Snores loudly or others complain about your snoring
- _____ 75. Other say you stop breathing when you sleep
- _____ 76. Feel fatigued or tired during the day
- _____ 77. Struggle with unhealthy cravings, either for food, alcohol or drugs
- _____ 78. Agitated, easily upset, nervous when meal are missed
- _____ 79. Get lightheaded if meals are missed
- _____ 80. Eating relieves fatigue
- _____ 81. Light sensitive and bothered by glare, sunlight, headlights or streetlights
- _____ 82. Become tired, headaches, moody, restless, or inability to stay focused with bright or fluorescent lights
- _____ 83. Have trouble reading words that are on white, glossy paper
- _____ 84. When reading, words or letters shift, shake, blur, run together, disappear, or become difficult to perceive
- _____ 85. Feel tense, tired, sleepy, or even get headaches with reading

- _____ 86. Have problems judging distance or difficulty with such things as escalators, stairs, ball sports, or driving
- _____ 87. Night driving is hard
- _____ 88. Craving for simple carbohydrates, such as bread, pasta, cookies, or candy
- _____ 89. Winter depression (mood problems tend to occur in the fall/winter months, recede in the spring/summer)
- _____ 90. Diet is poor and tends to be haphazard
- _____ 91. Do not exercise
- _____ 92. Put myself at risk for brain injuries: not wearing seat belt, drinking and driving, engaging in high risk sports
- _____ 93. Live under daily or chronic stress, in my home or work life
- _____ 94. Thoughts tend to be negative, worried or angry
- _____ 95. Problems getting at least six to seven hours of sleep a night
- _____ 96. Smoke or am exposed to second hand smoke
- _____ 97. Drink or consume more than two cups of coffee, tea or dark sodas a day
- _____ 98. Use aspartame and/or MSG
- _____ 99. Spends time around environmental toxins, such as paint fumes, hair or nail salon fumes or pesticides
- _____ 100. Spend more than one hour a day watching TV
- _____ 101. Spend more than one hour a day playing video games
- _____ 102. Outside of work time, spend more than one hour a day on the computer
- _____ 103. Consume more than three normal size drinks of alcohol a week
- _____ 104. Struggle with being overweight and/or wish to lose weight
- _____ 105. Energy is low
- _____ 106. I struggle with chronic pain. Answer "Yes" or "No"
- Answer Yes or No for Final Question:
- _____ 107. I need recovery from brain injury, stroke, drug abuse, moderate to heavy alcohol use, environmental toxins

Answer Key

Place the number of questions you, or a significant other, answered "3" or "4" in the space provided.

For each section totals of "3" or "4" answers consider the following: 5 questions = Highly probable, 3 questions = Probable, 2 questions = May be possible to consider looking into this area for further help/support

Pharmaceutical Information is there for reference only if you are already diagnosed. This test is not intended for diagnosis or medical treatment purposes.

Question Groups:

_____ 1 – 10 Prefrontal cortex (PFC) questions • PFC Supplements: Omegas or EPA fish oil • PFC Meds: For ADD

_____ 11 – 20 Anterior cingulate gyrus (ACG) problems • ACG Supplements: Balanced EPA/DHA fish oil • ACG Meds

_____ 21 – 30 Deep limbic system (DLS) problems. • DLS Supplements: Balanced fish oil. For cyclic mood changes -- fish oil • DLS Meds: Antidepressants

_____ 31 – 40 Basal ganglia (BG) problems. • BG Supplements DHA fish oil • BG Meds

_____ 41 – 50 Temporal lobe (TL) problems. • TL Supplements balanced EPA/DHA fish oil • TL Meds

_____ 51 – 60 Memory Problems. • TL Memory Supplements: EPA/DHA fish oil • TL Memory Meds

_____ 61 – 70 Cerebellum (CB) Problems. • CB Supplements: balanced EPA/DHA fish oil

Having combinations of the different brain system problems above is common.

_____ 71 – 73 Insomnia. If you answered one or more of these questions with a score of “3” or “4” you may be struggling with insomnia.

_____ 74 – 76 Sleep apneas. If you answered one or more of these questions with a score of “3” or “4” you may have sleep apnea. Sleep apnea occurs when people stop breathing multiple times during the night. It causes significant oxygen deprivation for the brain and people may often feel tired, depressed, and have memory issues. This condition is best evaluated by a sleep expert in a specialized sleep laboratory. Treating sleep apnea often makes a positive difference in mood and energy. If you suspect a problem talk to your physician.

_____ 77 – 80 Hypoglycemia. If you answered three or more questions with a score of “3” or “4” low blood sugar states should be evaluated by your physician. Low blood sugar or hypoglycemia can cause symptoms of anxiety and lethargy. Eating four to five small meals a day, as well as eliminating most of the simple sugars in your diet (such as sugar, bread, pasta, potatoes, and rice) can be very helpful to balance your mood and anxiety levels.

_____ 81 – 87 Scotopic Sensitivity Syndrome. If you answered three or more questions with a score of “3” or “4” you may have Scotopic Sensitivity Syndrome (SSS). SSS occurs when the brain is overly sensitive to certain colors of light. This can cause headaches, anxiety, depression, problems reading, and depth perception issues. Getting this condition properly diagnosed and treated can make a significant difference for your mental and physical health. To learn more about the diagnosis and treatment of SSS go to www.irlen.com. Most physicians do not know about this disorder, so please do not rely on them for accurate information.

_____ 88 Cravings. If you answered this question with a score of “3” or “4” cravings may be a problem.

_____ 89 Seasonal Mood Disorder. If you answered this question with a score of “3” or “4” you may have a seasonal mood disorder. Getting outside during daylight hours can be helpful, along with sitting in front of special “full spectrum light therapy” devices for thirty minutes in the morning. See <http://www.mayoclinic.com/health/seasonal-affective-disorder/MH00023> for more information.

_____ 90 – 103 Bad Brain Habit Questions. For these questions add up your total score, not just the ones you answered 3 or 4. If you score between 0 – 6 then odds are you have very good brain habits.

SCORING

Congratulations! If you score between 7 – 12 odds are you are doing well, but you can work to be better. If you score between 13 – 20 your brain habits are not good yet and you are prematurely aging your brain. A better brain awaits you. If you score more than 20 you have some poor brain habits and it is time to be concerned. A brain makeover may just change your life!

WEIGHT

_____ 104. Overweight Issues. If you scored 3 or 4 on this question, a comprehensive weight loss program could be very helpful, maybe even lifesaving, for you.

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 11 – 20 you are likely to have the compulsive overeating type of weight issue. Over-focused/Low Serotonin

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 1-10 you are likely to have the impulsive overeating type of weight issue. Impulsive/Low Dopamine

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from both 1- 10 and 11-20 you are likely to have the impulsive- compulsive overeating type of weight issue.

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 21 – 30 you are likely to have the Seasonal Affective Disorder or emotional overeating type of weight issue.

If you scored 3 or 4 on this question, plus a score of 3 or more on 5 questions from 31 – 40 you are likely to have the anxious overeating type of weight issue. Anxious Overeaters

_____ 105. Low Energy. If you scored 3 or 4 on this question, low energy maybe a problem for you and you may benefit from more Focus and Energy Improvement Solutions.

_____ 106. Chronic Pain. If you scored 3 or 4 on this question, chronic pain maybe a problem for you. Consider deep relaxation, hypnosis, meditation, acupuncture, fish oil, or SAME to help.

Answer “Yes” or “No” _____ 107. Brain Recovery. If you answered yes to this question your brain may need help recovering from a trauma or insult.