

Questions to Ask Your Doctor

For more information, call 1-800-964-2000

Sleep

I haven't been able to sleep well for some time. Could this be a symptom for a physical or emotional condition?

I'm having a hard time getting out of bed in the morning. All I want to do is sleep. Could this be related to a physical or emotional condition?

Interests

I've lost interest in hobbies and other things that usually give me pleasure. I'm having a hard time enjoying life. Could this be a symptom for a physical or emotional condition?

Guilt

Lately, I've been very nervous and agitated. My heart feels like it is racing. And I have these constant feelings of guilt. Could this be a symptom of a physical or emotional condition?

Energy

For some time now, I've been feeling lethargic and run down. I have low energy. I can't seem to motivate myself to do anything. Could this be a symptom of a physical or emotional condition?

Lately, I've had this incredible increase in energy. I feel like I'm bouncing off the walls. I can't seem to slow down or relax. Could this be a symptom of a physical or emotional condition?

Concentration

I've been having a hard time concentrating at work and home. I find it difficult to focus on assignments and complete tasks. Could this be a symptom of a physical or emotional condition?

Appetite

I don't have much of an appetite these days. For some time now, I haven't had the desire to eat. Could this be a symptom of a physical or emotional condition?

Lately, all I want to do is eat. I can't seem to control my appetite. Could this be a symptom of a physical or emotional condition?

Stress

I've been under a lot of pressure at work lately. I feel stressed out. Could this have an effect on me physically or emotionally?

I'm feeling overwhelmed at work and home. I'm stressed out. Could this have an effect on me physically or emotionally?

I'm having problems in my relationship and often feel stressed out over it. Could this have an effect on me physically or emotionally?

Sex

I've lost all interest in sex. I don't seem to have a sex drive these days. Could this be a symptom of a physical or emotional condition?

For sometime now, I've had this extreme sex drive. I can't seem to turn it off. Could this be a symptom of a physical or emotional condition?

Download Questions to Ask Your Doctor (.pdf)

The American Psychological Association gratefully acknowledges Col. Larry James, PhD, ABPP, for his assistance in developing these questions.

(c) Copyright 2004 American Psychological Association