

Low Testosterone Questionnaire

ADAM Questionnaire (Androgen Deficiency in the Aging Male)

If you are concerned that your testosterone level is low, this set of ten simple questions is a good place to start.

Answer YES or NO to each of the following questions:		Yes	No
1.	Do you have a decrease in libido (sex drive)?		
2.	Do you have a lack of energy?		
3.	Do you have a decrease in strength and/or endurance?		
4.	Have you lost height?		
5.	Have you noticed a decreased "enjoyment of life?"		
6.	Are you sad and/or grumpy?		
7.	Are your erections less strong?		
8.	Have you noticed a recent deterioration in your ability to play sports?		
9.	Are you falling asleep after dinner?		
10.	Has there been a recent deterioration in your work performance?		