



The Irritable Male/Female Syndrome

This syndrome can manifest itself through a number of psychological issues that frequently are dismissed as being a natural part of one's personality. Studies over the last 10 years have provided an ample amount of data to rethink personality as not just a learned response to life events but the influence of hormones on how we think, react, remember and learn.

This questionnaire will help identify some of the elements associated with IMS. Everyone is irritable from time to time. Life is inherently stressful and there are inevitably things that bother us. What we want to know, though, is how irritable are we? Is our irritability excessive? Has it become entrenched? Does it seem to be getting worse? Is it causing problems for oneself and in relationships with family, friends, or community?

We don't have a precise instrument to measure IMS. We can't read your level of irritability like we can your blood pressure (though excessive irritability can lead to high blood pressure and other stress-related illnesses). Like so much in the psychological sciences we can only understand IMS by asking you questions and helping you reflect on what the answers mean in your own life. Let the score be a guide, not an absolute indicator that there is a problem or not a problem. And let the laboratory testing be a means to derive an understanding of what hormonal deficiencies you might have that could be influencing your psychological state.

Name: _____

Date _____

How often do you feel :	Never	Occasionally	Frequently	Almost constantly
1. Angry				
2. Impatient				
3. Blaming				
4. Dissatisfied				
5. Moody				
6. Fearful				
7. Discontented				
8. Hypersensitive				
9. Exhausted				
10. Grumpy				
11. Easily Annoyed				
12. Bored				
13. Aggressive				
14. Unloved				
15. Unappreciated				
16. Tense				
17. Touchy				
18. Tired				
19. Unloving				
20. Lonely				
21. Hostile				
22. Overwhelmed				
23. Destructive				
24. Demanding				
25. Frustrated				



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How often do you feel :	Never	Occasionally	Frequently	Almost constantly
26. Withdrawn				
27. Mean				
28. Sad				
29. Scared				
30. Numb				
31. Explosive				
32. Defensive				
33. Denies Problems				
34. Self-Critical				
35. Troubled				
36. Desire to Overeat				
37. Drug Use or Alcohol				
38. Excitable				
39. Withdraw into TV				
40. Overworked				
41. Sleep more				
42. Impulsive				
43. Worried				
44. Argumentative				
45. Sarcastic				
46. Jealous				
47. Uncompromising				
48. Uncommunicative				
49. Urge to smoke more				
50. Urge to use caffeine				

Points	N	O	F	AC