

# NUTRITIONAL RECOVERY FROM DEPRESSION AND OTHER NEGATIVE MOODS

## STEP ONE: THE ASSESS YOUR MOOD-TYPE QUESTIONNAIRE - Identifying the Causes of Your Own Negative Emotions

Taking the following mood-type questionnaire is the first step in an effective nutritional recovery from depression, anxiety, insomnia, irritability, overstress, over-sensitivity and the other negative emotional states caused by mood-chemistry imbalances.

This five-part questionnaire was adapted from *The Mood Cure* by author and nutritional therapy pioneer, Julia Ross. It is based on 40 years of scientific study and 26 years of use at the author's Northern California clinic.

Your scores in each of the five sections of the Questionnaire will identify which of your brain's four mood-optimizing neurotransmitters (NTs) is malfunctioning and whether blood sugar dysregulation is also contributing to your negative mood. Please give a number from 1 to 10 for easy scoring. Zero indicates no negative symptoms, 10 indicates severe symptoms.

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### TYPE 1 Under a Dark Cloud: Low in SEROTONIN

\_\_\_ Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?

\_\_\_ Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?

\_\_\_ Are you often worried and anxious?

\_\_\_ Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?

\_\_\_ Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?

\_\_\_ Are you apt to be irritable, impatient or edgy?

\_\_\_ Are you hyperactive, restless, can't slow down or turn your brain off?

\_\_\_ Do you tend to be shy or fearful? Do you get nervous or panicky about

heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?

\_\_\_ Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?

\_\_\_ Do you have facial or body tics, or Tourette's?

\_\_\_ Do you get PMS or menopausal moodiness (tears, anger, depression)?

\_\_\_ Are you a night owl, or do you often find it hard to get to sleep, even though you want to?

\_\_\_ Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?

\_\_\_ Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?

\_\_\_ Do you find relief from any of the above symptoms through exercise or antidepressant drugs?

\_\_\_ Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain and tension associated with your jaw)?

\_\_\_ Have you had suicidal thoughts?

If your scores tend to be high in this section, please read Chapter 3, page 25 of *The Mood Cure*

## TYPE 2 Feeling the Blahs: Low in NOREPINEPHRINE

\_\_\_ Do you often feel depressed - the flat, bored, apathetic kind?

\_\_\_ Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?

\_\_\_ Is your drive, enthusiasm, and motivation quota on the low side?

\_\_\_ Do you have difficulty focusing or concentrating?

\_\_\_ Are you easily chilled? Do you have cold hands or feet?

\_\_\_ Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, smart drinks, adderol, meth, or cocaine?

If your scores tend to be high in this section, please read Chapter 4, page 25 of *The Mood Cure*

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### TYPE 3 Over Stressed: Low in GABA

\_\_\_ Do you often feel overworked, pressured, or deadlined?

\_\_\_ Do you have trouble relaxing, loosening up, or getting to sleep?

\_\_\_ Does your body tend to be stiff, uptight, tense?

\_\_\_ Are you easily upset, frustrated, or snappy under stress?

\_\_\_ Do you often feel overwhelmed or as though you just can't get it all done?

\_\_\_ Do you use alcohol, food, tobacco, or drugs to relax and calm down?

If your scores tend to be high in this section, please read Chapter 5, page 77 of *The Mood Cure*

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### TYPE 4 Too Sensitive for Life's Pain: Low in ENDORPHIN

\_\_\_ Do you consider yourself or do others consider you to be very sensitive?  
Does emotional pain, or perhaps physical pain, really get to you?

\_\_\_ Do you tear up or cry easily - for instance, even during TV commercials?

\_\_\_ Do you tend to avoid dealing with painful issues?

\_\_\_ Do you find it hard to get over losses or get through grieving?

\_\_\_ Have you been through a great deal of physical or emotional pain?

\_\_\_ Do you crave pleasure, comfort, reward, enjoyment, or numbing from chocolate, bread or other foods, wine, lattes, romance novels, marijuana, tobacco, or oxycontin?

If your scores tend to be high in this section, please read Chapter 6, page 100 of *The Mood Cure*

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## TYPE 5 Mood Swinger: Unstable BLOOD SUGAR

\_\_\_ Do you crave a lift from sweets or alcohol, but later experience a drop in mood and energy after ingesting them?

\_\_\_ Do you get dizzy, weak, or headachy if meals are delayed?

\_\_\_ Do you have a personal or family history of hypoglycemia, diabetes, or alcoholism?

\_\_\_ Are you nervous, jittery, irritable, inattentive on and off throughout the day; but calmer after meals?

\_\_\_ Do you have crying spells?

\_\_\_ Do you have intermittent mental confusion, forgetfulness, difficulty concentrating?

\_\_\_ Do you have heart palpitations, rapid pulse?

If your score is more than 12 in TYPE 5, turn to Chapters 7-9 of *The Mood Cure*.

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Questionnaire adapted by  
The NeuroNutrient Therapy Institute from  
*The Mood Cure* by Julia Ross

