

Androgen deficiency in aging men (ADAM) Questionnaire

This questionnaire is used to help diagnose a patient with symptoms of low testosterone levels. A positive result is defined as a 'Yes' answer to questions 1 or 7 or any 3 other questions.

A blood test measuring testosterone levels can then be done to confirm the diagnosis.

1. Do you notice decrease in sex drive (libido)?
2. Do you lack energy?
3. Do you have decrease in muscle strength, endurance or both?
4. Have you lost height?
5. Have you noticed a decrease in enjoyment of life?
6. Are you sad, grumpy or both?
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?