

MindBody Disorders Questionnaire

Here's a guide to help you decide if you have a MindBody Disorder. MindBody Disorders account for most chronic pain and illness. These stress-related disorders also explain why so many medical treatments that target the only the body or biochemistry fall short.

The National Institutes of Health (NIH) study by Segerstrom and Miller shows that 85% of all illness is due to chronic stress. Mindbody disorders fall into this category.

Even with growing clinical evidence and supportive research mindbody disorders are rarely diagnosed and inappropriate or unwarranted treatment continues to be given.

This in no way suggests that appropriate medical treatment should be avoided. Doctors are highly trained in their given fields of expertise. However, when treatment is not effective patients should be aware of other more viable options.

This state of affairs suggests that an informed public ... like you ... may be the best person qualified to make a mindbody diagnosis and seek appropriate care.

Individuals with mindbody disorders have often seen many doctors but without success. This is because conventional medicine tends to look at symptoms and specific body parts in isolation rather than looking at the whole person, which includes the mind and emotions.

Having received multiple medical diagnoses and having experienced a variety of treatment approaches without lasting success is often a sign that you may have a mindbody disorder.

The importance of determining whether or not you may have a mindbody disorder is important because it allows you to participate fully and confidently in a mindbody healing program.

The information and questions below are divided into three sections, focusing on **symptoms**, **personality traits**, and **early stress history**.

Read the informative headings and answer the questions in the sections below. The more positive responses you have makes it more likely that your pain or illness is the result of a mindbody disorder and warrants a mindbody treatment approach.

You'll be in a position to decide for yourself whether or not a mindbody disorder makes sense for you if you honestly look at these questions and explore connections between your personal and health histories.

Section 1 - Symptoms

Your symptoms can serve as important clues when trying to decide if you have a mindbody disorder. Experienced clinicians have observed that certain symptoms are more commonly known to be caused by stress and resolved by mindbody programs.

Explore the following questions related to symptoms.

1. Have you become aware of a connection between your symptoms and stressful times in your life?
2. Have you experienced symptoms that are frequently known to be stress-related?

Here is a list of symptoms that have responded favorably to a mindbody program: tension headache, migraine, neck pain, back pain, tender muscles, shoulder pain, TMJ, teeth clenching or grinding, trigeminal neuralgia or facial pain, tendonitis, fibromyalgia, reflex sympathetic dystrophy (RSD), carpal tunnel pain, prostate or pelvic pain, spastic bladder, interstitial cystitis, acid reflux/heartburn, irritable bowel, spastic colon, gastritis, ulcer symptoms or stomach pains, hives, eczema, rashes, numbness or tingling, palpitations, chest pain, high or low blood pressure, tachycardia, anxiety, panic attacks, depression, obsessive compulsive thinking, eating disorders, sleep difficulties or insomnia, fatigue or Chronic Fatigue Syndrome.

3. Have you experienced symptoms related to adrenal fatigue? Overworked adrenal glands frequently accompany stress-related pain and illness.

The adrenal glands are intimately involved with the stress response and when overworked can be responsible for the following symptoms: you tend to be a night person, difficulty falling asleep, slow starter in the morning, tend to be keyed up, trouble calming down, high or low blood pressure, headache after exercising, feeling wired or jittery after drinking coffee, clench or grind teeth, calm on the outside, troubled on the inside, chronic low back pain (worse with fatigue), become dizzy when standing up suddenly, difficulty maintaining chiropractic correction, pain after correction, arthritic tendencies, crave salty foods, salt food before tasting, perspire easily, chronic fatigue or get drowsy often, afternoon yawning, afternoon headache, asthma, wheezing, difficulty breathing, pain on the inner side of the knee, tendency to sprained ankles or shin splints, tendency to need sunglasses, allergies and/or hives, weakness, dizziness.

4. Have you noticed a connection between common life stressors and your symptoms?

Here is a list of significant stressors known to trigger mindbody syndromes.

Illness or death in your family or friends, divorce or marital problems, legal problems, accident or injury, new relationship or marriage, difficulties at work or change in job or business, gain of a new family member or change in the family structure, change in financial situation, change in living

situation, violent or traumatic experiences, changes in sexual functioning or other issues regarding sex.

5. Have treatments for your pain or condition provided you little or only temporary relief?
6. Does your pain have a tendency to move from one area to another?
7. Has your pain or other symptoms tend to come and go, like when you're on vacation or when distracted, or have symptoms been replaced by other symptoms?
8. Have doctors found little or nothing to explain your pain or symptoms, or suggested that you're not a candidate for surgery?
9. Do you find that you're preoccupied with worrying about or researching your pain or condition?
10. Do you find that your muscles are tight and sore and that massage is either unpleasant or provides some temporary benefit?

Section 2 - Personality Traits

What follows are questions related to personality traits that are commonly observed in individuals with mindbody disorders. These traits add additional stress and pressure to one's life, and therefore contribute to stress-related pain and illness.

1. Do you tend to be hard on yourself, overly self-critical, overly conscientious, or a perfectionist?
2. Do you tend to be a worrier, or feel anxious or afraid?
3. Do you feel a need to be approved of or liked?
4. Do you feel extra pressure to succeed?
5. Do you tend to be overly responsible for other's well-being or happiness?
6. Do you tend to have difficulty saying 'no'?
7. Do you tend to feel sad, guilty, or resentful?
8. Have you felt that you didn't fit in, or were teased or ridiculed for being different?

Section 3 - Early Stress History

We've come to accept stress as a part of life without realizing just how damaging it is to our physical and emotional health.

The stress response is an unconscious reaction that primes the body for fight or flight, while at the same time, blocking normal repair and maintenance functions. Over time, this process is the primary trigger for most chronic pain and illness.

Early life and childhood stress can program the brain for a heightened response to stress and therefore predispose an individual to stress-related or mindbody disorders in adulthood.

The Adverse Childhood Events (ACE's) research reveals that a history of childhood stress is a reliable predictor of adult pain and illness. The rationale is that early stress conditions the nervous system to produce more pain and illness later in life.

A score of 3 or higher indicates a serious risk of increased adult illness.

ACE's Questionnaire

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Try to or actually have oral, anal, or vaginal sex with you?
4. Did you often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?

7. Was your mother or stepmother: Often pushed, grabbed, slapped, or had something thrown at her? or Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
10. Did a household member go to prison?

Final Thoughts

You've reached the end of the questionnaire. Honestly considering what you've read making connections between stressors and your personal health history will help you decide if a mindbody disorder is causing your pain or illness.

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