

NAME: _____

EMAIL: _____

Assessment of Symptoms

Please read through the below symptoms and rate how often you experience each symptom, using this rating scale:



Never or Rarely <small>(less than once a year)</small>	Occasionally <small>(a few times a year)</small>	Frequently <small>(several times a month)</small>	Regularly <small>(several times a week)</small>	Daily or <small>(multiple times a day)</small>
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DIGESTIVE HEALTH

- _____ Nausea or vomiting
- _____ Diarrhea
- _____ Abdominal pain or discomfort
- _____ Constipation or hard stools
- _____ Bloating, belching, indigestion
- _____ Heartburn, GERD, or acid reflux
- _____ Undigested food in stool
- _____ Hemorrhoids or anal discomfort
- _____ Food allergies or sensitivities

COGNITIVE FUNCTION

- _____ Memory problems
- _____ Difficulty concentrating
- _____ Shortened attention span
- _____ Brain fog or fuzzy thinking

SKIN HEALTH

- _____ Acne
- _____ Eczema or psoriasis
- _____ Rashes, redness, or irritation
- _____ Rosacea
- _____ Excessive skin sensitivity

MOOD AND WELLBEING

- _____ Anxiety or panic attacks
- _____ Fearfulness or nervousness
- _____ Sadness or easy crying
- _____ Depression
- _____ Mood swings
- _____ Irritability or short temper
- _____ Anger or aggression
- _____ Change in mood or emotions after eating certain foods

SLEEP STATE

- _____ Fitful or restless sleep
- _____ Trouble falling asleep
- _____ Trouble staying asleep
- _____ Waking during the night
- _____ Nightmares or night terrors

STRESS STATE

- _____ Chronic stress or tension
- _____ Abdominal pain during stress
- _____ Bloating or indigestion during stress
- _____ Changes in appetite during stress
- _____ Stress that interferes with sleep

RELEVANT HEALTH HISTORY AND STATUS

Have you ever been diagnosed with a gastrointestinal disorder (such as irritable bowel syndrome, inflammatory bowel disease, or celiac disease)?

Have you ever been diagnosed with a mental health disorder (such as severe depression, bipolar disorder, schizophrenia, or neurodevelopmental disorder)?

Have you ever experienced a traumatic event such as physical or emotional abuse, car accidents, natural disasters, or other trauma?

Have you ever taken or are you currently taking any medications or supplements for gastrointestinal or mental health issues?

Do you have a history of frequent or extended antibiotic use, or are you currently taking antibiotics?

Is there anything else you would like to share about your health history or current symptoms?

Notice and Disclaimer: This intake tool is for general informational purposes only. It should not replace the advice of a healthcare practitioner. An accurate diagnosis can only be made through clinical evaluation. The information provided herein is based on a review of current existing research; SFI Health does not accept responsibility for the accuracy of the information itself or the consequences from the use of the misuse of the information.

GUT-BRAIN AXIS ASSESSMENT

HOW TO USE THE INTAKE FORM

A well-designed, comprehensive intake form can efficiently and effectively guide practitioners toward a thorough analysis, inform therapeutic options, and offer a personalized approach to patient care. At the same time, you don't want to overwhelm new clients with an endless barrage of questions. To avoid repetition, craft a tailored gut-brain axis (GBA) assessment and include it as an addendum to your usual intake form.

Start with a general overview of gut symptoms and digestive health to gather basic facts, then proceed to a deeper dive. Detailed questions that tease out clues of GBA problems are essential for a fuller understanding of individual challenges and a personalized treatment plan. Subtle, often-overlooked symptoms, like joint pain or skin conditions, may point to underlying inflammation triggered by gut dysbiosis, and past trauma or current stress can indicate potential GBA dysregulation. A detailed exploration of sleep state also offers vital clues for intervention and can suggest targeted treatment approaches.

The key is to create a comprehensive intake without being redundant. Streamline your assessment, eliminating any superfluous or repetitive questions that may already be covered on your general intake form. Dividing GBA symptoms into categories helps providers better organize data and identify underlying causes or contributing factors impacting the gut-brain connection. And asking about severity and frequency uncovers useful details better than simple yes-or-no questions. Here's a guide to get you started.

Practitioner Resource:



GBA Protocol