

PASS Questionnaire

Prolonged Adaptive Stress Syndrome

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Eight sections follow. In each section, place a check in front of any of the symptoms or conditions that you have experienced during the past two years or longer. Write in any similar symptoms.

1. Progressive fatigue that is not alleviated by sleep.
 - A need for increased sleep
 - Interference with sleep (can't get to sleep, wake up early or frequently, restless sleep)
 - Decreased dreaming
 - Other _____

2. A state of hypervigilance or hyperalertness
 - A tendency to startle easily
 - A sense of protective alertness
 - Increased jitteriness.
 - Other _____

3. Slowed rates of healing
 - Increased susceptibility to contagious diseases or illnesses
 - Diagnosis of, or worsening of, an autoimmune disease
 - Development of conditions such as diabetes or cancer
 - Other _____

4. Decrease in artistic/creative competencies (writer's block, difficulty brainstorming options, diminished problem-solving skills).
 - Increased injuries or accidents due to making mistakes or failure to pay attention
 - Difficulty in making logical or rational decisions
 - Thinking ability seems less clear
 - Other _____

5. Severe stressors or prolonged stressors
 Diagnosed with a hormonal imbalance
 Have irregularities with insulin (if diabetic)
 Experience irregularities with menstrual cycles or menopause (if female)
 Other _____
6. Noticeable change with short-term memory
 Noticeable change with long-term memory
 Difficulty recalling information that previously you could recall quite easily
 A noticeable change in any memory function (attention, concentration, ability to recall)
 Other _____
7. Increase in feelings of hopelessness, helplessness, or inability to cope
 Increase in level of discouragement
 Depression, diagnosed or undiagnosed
 Feelings of wanting to 'end it all'
 Other _____
8. A lowered sense of self-worth
 Self-esteem issues related to feeling not as good as others
 A tendency to be taken advantage of by others
 Increased tendency to be defensive or to over-react
 Other _____

Count the number of sections within which you placed any check marks. The more sections marked, the more likely it is that you may be experiencing symptoms of PASS.

Total number of sections marked _____