

ADAM Questionnaire*

The androgen deficiency in aging males (ADAM) questionnaire has been shown to be highly effective for screening patients with potential testosterone deficiency.

1. Do you have a decrease in libido (sex drive) ?	Yes	No
2. Do you have a lack of energy?	Yes	No
3. Do you have a decrease in strength, endurance or both?	Yes	No
4. Have you lost height?	Yes	No
5. Have you noticed a decreased enjoyment of life?	Yes	No
6. Are you sad, grumpy or both?	Yes	No
7. Are your erections less strong?	Yes	No
8. Have you noticed a recent deterioration in your ability to play sports?	Yes	No
9. Are you falling asleep after dinner?	Yes	No
10. Has there been a recent deterioration in your work performance?	Yes	No

A "Yes" to questions 1 or 7, or any 3 questions in total, suggests the presence of testosterone deficiency. The diagnosis can be confirmed with a standard blood test.

*Morley JE, Perry HM. Med Clin North Am. 1999;83:1279-1289.