

This questionnaire contains information that homeopathic doctors call 'General Symptoms'. The following checklists provide very important insights into your well-being and make-up. Please take special care to consider the symptoms highlighted in bold, these are particularly valuable for identifying which treatments are most suited to you.

NB. It is best to read through all the options in each section before making your answer.
Symptoms in bold type are of particular value. Using a coloured pen would be helpful.

Section 1: Fundamental Generals

PAGE (A) MOTION & EXERTION

A1. General inclination for movement

- **Do you have a strong desire for motion?** 878
- or
- **Do you have a general reluctance to move** 874 - are you inclined to sit? 1049
- or
- No strong inclination either way - it just depends ...

A2. Effects of exertion

With regard to your symptoms or well-being, are you generally:

- a) **aggravated by physical exertion** 1987
- b) **aggravated specifically while you are walking** 2093
- or
- c) **ameliorated by physical exertion** 2473
- d) **ameliorated specifically while you are walking** 2524

(More specific effects of walking are covered in sections H and J)

A3. Effects of rest

With regard to your symptoms or well-being, are you generally

- a) **aggravated while you are resting** 2329
- or
- b) **ameliorated by rest / while resting** 2586

A4. Specific effects of movement

- Are your symptoms improved DURING movement** 2493
- Are your symptoms improved only by CONTINUED movement** 2494
- Are your symptoms improved specifically by movement of the affected part(s)** 2495

A0. Effects of mental exertion

- Are your symptoms and/or well-being aggravated by mental exertion** 1986
- Are your symptoms and/or well-being ameliorated by mental exertion** 2472

PAGE (B) TEMPERATURE

B1 Effect of Cold

a) Making you Worse

Are your symptoms (or well-being) aggravated by cold in general 2164

Do you get worse as you become cold 2165 , or only afterwards? 2065

Are you aggravated when just a part of your body becomes cold? 2166

b) Making you Better

Are your symptoms or well-being improved by cold in general 2540

Do you get better as you cool down (and afterwards) 2541

B2 Effect of warmth

a) Making you Worse

Are your symptoms or well-being aggravated by warmth 2429

Do you get worse as you become heated in bed 2433 (slightly , markedly)

Does a warm room or heating appliance specifically aggravate your symptoms 2430

Do you start to aggravate whenever you are getting warm 2063, or only afterwards

b) Making you Better

Are your symptoms or well-being improved by warmth 2621

Do you get better as you warm up in bed 2626 (slightly , markedly)

Does a warm room, or proximity to a heating appliance, improve your symptoms 2622

Do you start to improve as you begin to warm up 2625, or only afterwards

B3 Are you worse for any **change of temperature 2405 (slightly , markedly)**

PAGE (C) TIME

Is there a pattern in terms of the severity of your symptoms?

- ie. do you get worse (or better) periodically? Yes ¹⁹⁷¹ , No (Go to page D / 4.4)

C1. Do you tend to get **worse** in terms of -

- a) your symptoms, and/or
- b) your well-being and/or
- c) your energy

- at the same hour every day (or most days) ¹⁹⁷²

- at the same time every year ¹⁹⁷³

(same day - ie. an anniversary)

(same month: please state: _____)

(same season: spring ²⁰⁸⁷ , summer ²³⁸⁴ , autumn ²¹⁵² , winter ²⁴³⁸)

C2. Concerning your daily rhythm, when do you feel you get **worse**, or experience an aggravation of your symptoms?

- morning ¹⁹⁶³ (or, more specifically, from sunrise ²³⁸⁶)
- forenoon ¹⁹⁶⁴
- afternoon ¹⁹⁶⁵
- afternoon from 4 to 8 P.M. ¹⁹⁶⁶
- evening ¹⁹⁶⁷ (or, more specifically, from sundown ²³⁸⁷)
- night ¹⁹⁶⁸
- night, before midnight ¹⁹⁶⁹
- night, after midnight ¹⁹⁷⁰

C3. In terms of mood, energy or symptoms, do you notice either

- **an aggravation during the twilight hours (at dusk)** ²⁰³⁸
- **an amelioration during the twilight (at dusk)** ²⁵⁰⁰

C4. Are you sensitive to moon phases? Yes , No , Haven't noticed

If yes, do you get worse when:

- the moon is waxing ^{2211BD}
- the moon is waning ²²⁰⁹
- at the time of the full moon ²²¹¹

Information on moon phases can be found on the following web page:

- current moon phase: <http://www.artscience.me.uk/page34.htm> ,

- online moon calender: http://www.moonconnection.com/moon_phases_calendar.phtml

If you are having difficulty answering other questions concerning the pattern of your symptoms, please leave those questions blank and use the symptom diary on page # (Bring it with you to the clinic).

PAGE (D) THE PHYSICAL ENVIRONMENT & EXTERNAL PHYSICAL CONDITIONS

D1. Air

Are you aggravated by any of the following:

- **open air** 2085
- **walking, in open air** 2095
- warm, becoming heated, in open air 2434
- air, inspiring, drawing in cold air 2202
- draught 2466
- air, evening air agg. 1974
- **air, aversion to open air** 991

Are you improved by any of the following:

- **open air** 2520
- **walking, in open air** 2525
- **air, desire for open air** 992

D2. Light

Are you:

- **aggravated by light in general** 2185 (artificial light 2186, sunlight 2187, daylight 2188)
- **ameliorated by light** 2552, particularly sunshine 2611 (slightly , moderately , markedly)

- **aggravated by darkness** 2057
- **eased by darkness** 2510

D3. The Physical Space

Are you worse entering a cold place? 2406

Are you worse in vaulted places, eg. cellars and churches? 2134

D4. Water / Washing & Bathing

Are you worse for:

- getting drenched 2298, (more specifically getting the head wet 2299, getting feet wet 2300)
- **wet applications or compresses** 2080
- bathing 2011, (or more specifically: cold bathing 2012, bathing in the sea 2013)

Are you better for:

- **wet applications or compresses** 2519
- **water / washing** 2628 (or more specifically: washing the face 2627)

D5. Clothing

- **Are you worse for uncovering** 2058 (or worse with/during undressing 2010)
- (or more specifically uncovering a certain part 2059, **or uncovering the head** 2060)
- **Are you better for uncovering** 2512, **or better by uncovering the head** 2513
- **Are you better for wrapping up warmly** 2623 (**or wrapping the head warmly** 2624)

Fundamental Generals Continued

PAGE (E) THE WEATHER

E1. Aggravating conditions

Are you:

- aggravated by any change of weather 2453
- aggravated by weather / **wet air damp** 2439
- aggravated by weather / cold and wet 2440
- aggravated by weather / thunderstorms 2441
- aggravated by weather / bright 2442
- aggravated by weather / **cold air** 2443
- aggravated by weather / cold & dry air 2444
- aggravated by weather / foggy 2445
- aggravated by weather / snow air 2446
- aggravated by weather / windy or stormy 2447
- aggravated by weather / **dry air** 2448
- aggravated by weather / **warm air** 2449
- aggravated by wind 2450 (or, more specifically, by walking in the wind 2101)

- aggravated specifically by the north wind (northern hemisphere only) 2451
- aggravated specifically by the east wind (continental Europe only) 2452

E2. Ameliorating conditions

Are you:

- ameliorated by weather / **wet air / damp** 2630
- ameliorated by weather / **cold air** 2631
- ameliorated by weather / **dry air** 2632
- ameliorated by weather / dull, cloudy 2633
- ameliorated by weather / **warm air** 2634

E3. The Sun

- aggravated by sun 2385 (or only aggravated by excessive sun / sunburn 2388)
- ameliorated by sunshine* 2611 (physical symptoms , mood , well being)

* please note this only a) if physical symptoms (eg psoriasis) clearly improve following exposure to the sun, or b) if the effects on mood, energy or well-being are very marked).

Section 2: Physiological Generals

BIOLOGICAL EFFECTS (Semi-autonomous, Instinctual, Circadian, Autonomous and Reflexial)

PAGE (F) *Semi-autonomous and Circadian phenomena*

F1. Sleep

- **Are you worse before sleep, or while falling asleep?** 2336
- Are you worse in the first phase of sleep? 2337
- **Are you worse during sleep** (eg. nightmares, heat, fever, jerking, itching, restlessness etc.)? 2338
- **Are you worse after sleep - while waking up?** 2339
- **Are you aggravated after sleep** (eg. mood / physical energy / mental energy / symptoms)? 2340
- Are you noticeably worse after a prolonged sleep? 2341
- Are you worse after an afternoon siesta? 2342

- **Are you better before sleeping, or while falling asleep?** 2588
- **Are your symptoms relieved or eased while you sleep?** 2589
- **Are you better after sleep, or while waking up?** 2590
- **Are you refreshed & your symptoms eased after sleep?** 2591

(Insomnia and sleep problems are covered in a specific questionnaire)

F2. Alimentation

- Are any of your symptoms regularly worse when you are hungry? Yes 2157 No

a) *Effects of eating*

Are you:

- aggravated by eating: a) before eating 2070 , b) **while** 2071 , c) **after** 2072
- **eased by eating**:..... a) **while** 2515 , b) **after** 2516 ,

- **aggravated by eating to satiety** 2073
- **eased by eating to satiety** 2517

- aggravated while you are drinking liquids 2407
- **aggravated after drinking liquids** 2408

- **eased after drinking** 2620

b) *Effects of breakfast* (including other instances of fasting and breaking a fast)

- **aggravated when the stomach is empty**, (incl. before breakfast) 2304
- **eased while the stomach is empty** (incl. before breakfast) 2582
- **aggravated by/after breakfast** 2088
- **eased by/after breakfast** 2521

(Detailed stomach and gastro-intestinal problems are covered in questionnaire no. 4)

Section 2: Physiological Generals Continued

BIOLOGICAL EFFECTS (Semi-autonomous, Instinctual, Circadian, Autonomous and Reflexial)

PAGE (G) *Semi-autonomous phenomena continued*

G1. Elimination

Are any of your symptoms:

- aggravated just before urination 2142 (which symptoms: _____)
- aggravated at the start of urination 2143 (which symptoms: _____)
- aggravated during urination 2144 (which symptoms: _____)
- aggravated at the close of urination 2145 (which symptoms: _____)
- aggravated after urination 2146 (which symptoms: _____)

(Detailed urinary problems are covered in questionnaire no. 9)

G2. Are your symptoms or well-being:

- aggravated before passing a stool 2400 (which symptoms: _____)
- aggravated while passing a stool 2401 (which symptoms: _____)
- **aggravated by after passing a stool** 2402 (which symptoms: _____)

- **eased after passing a stool** 2617 (which symptoms: _____)



G3. Effects of menstruation

- Do you experience an aggravated before menstruation starts 2319
- aggravated before menstruation 2320
- Are you worse during menstruation 2321
- Are you worse after menstruation is over 2322
- Are you aggravated when menstruation fails to occur, or if it has been suppressed 2323

G4. Pregnancy

Are you currently pregnant? Yes No

Have you been less well, or uncharacteristically symptomatic, during pregnancy? 2356

PAGE (G) Autonomous / reflexial and Instinctual

Are you:

- G1.** Currently or frequently aggravated by hiccups? 2350 (pain, heartburn, headache etc etc)
- G2.** Currently or frequently aggravated when yawning? 2089 (jaw pain, ear popping etc etc)
Currently or frequently aggravated after yawning? 2090
Currently or frequently eased after yawning? 2522
- G3.** Frequently aggravated by sneezing? 2303 (eg. headaches, back pain etc. etc)
Frequently eased by sneezing? 2581 (eg. nasal congestion, headaches, congestion etc)
- G4.** Frequently or currently aggravated before coughing? 2158
Frequently or currently aggravated while coughing? 2159
Frequently or currently aggravated after coughing? 2160
- G5.** Frequently or currently aggravated by laughing? 2178
- G6.** Swallowing

Do you have any symptoms that are aggravated by swallowing 2344 ,
or specifically aggravated by swallowing fluids 2346 ,
or aggravated by swallowing food 2347,
or aggravated after swallowing food 2349

Are any of your symptoms eased by swallowing 2594
or specifically eased by swallowing fluids 2595
or, more specifically, eased by swallowing warm drinks 2596

If you have completed this form on behalf of a child, this concludes the Generals questionnaire.
(Please also complete the paediatric survey and the specific forms for his/her main complaint.)

G7. Background medication

- Do you frequently or regularly use Paracetamol? 2037
Do you frequently or regularly use a nasal spray? 2353
Do you frequently or regularly use a powerful antiperspirant? 2360
Do you use steroid creams or ointments? 2147
Do you use a hormone implant for contraception (eg Depo-provera)? 2323

NB If you have completed the MUSCLES, JOINTS & BONE questionnaire (includes Arthritis and Fibromyalgia) **YOU DO NOT NEED TO COMPLETE PAGES 9 & 10 AND CAN STOP HERE**

SECTION 3 - POSTURE & PHYSICAL GENERALS

H1. Posture and Activity:

PAGE (H) Physical - Aggravations

- aggravated by **stepping** (hard) 2002
- aggravated by **stretching** 2318
- aggravated by **stretching out limbs** 2009
- aggravated by **writing** 2354
- aggravated **while dancing** 2403
- aggravated by **standing** 2393
- aggravated by **going or walking up (stairs, hill, mountain etc.)** 2394
- aggravated by **going or walking down (stairs, hill, mountain etc.)** 2395
- aggravated by **rubbing** 2324
- aggravated by **sitting down** 2155
- aggravated by **bending or turning** 2039
- aggravated by **manual labour** 2140
- aggravated **after dancing** 2404
- aggravated by **going, walking or climbing up high** 2396
- aggravated **while stooping** 2034
- aggravated **after stooping** (prolonged) 2035
- aggravated by **kneeling** 2172
- aggravated by **walking, beginning of** 2092
- aggravated by **walking on stone pavements** 2099

H2. Lying

- aggravated **after lying down,** 2154
- aggravated by **lying** 2189
- aggravated by **lying in bed** 2191
- aggravated by **lying bent, or doubled up** 2193
- aggravated by **lying on back** 2194
- aggravated by **lying on side** 2195
- aggravated by **lying on right side** 2196
- aggravated by **lying on left side** 2197
- aggravated by **lying on the painful side** 2198
- aggravated by **lying on the painless side** 2199
- aggravated by **lying stretched out** 2190
- aggravated by **lying with the head low** 2192

H3. Pressure

- aggravated by **external pressure** 2053
- aggravated by **pressure on the painless side** 2054
- aggravated by **pressure of a hat** 2055
- aggravated by **pressure of clothing** 2056

H4 Perspiration

- aggravated **during sweat** 2358
- aggravated **after sweating** 2359

H5. Senses

- aggravated by **touch** 2018
- aggravated by **touch, slight** 2019
- aggravated by **noises** 2128
- aggravated by **odour, strong** 2132

SECTION 3 - Posture & Physical Generals Continued

J1. Posture and Activity:

PAGE (J) Physical - Ameliorations

- eased by hang down, letting limbs 2534
- eased by raising affected limb 2535
- eased by drawing up, flexing the limb 2537
- eased by sitting down 2539
- eased by stretching out limbs 2490
- eased by stretching 2583
- eased by standing 2613
- eased by going or walking up (stairs, hill, mountain etc.) 2614
- eased by going or walking down (stairs, hill, mountain etc.) 2615
- eased by stooping, while 2499
- eased by position, change of 2549
- eased by walking 2550
- eased by reading 2551
- eased by sitting 2608
- eased by sitting erect 2609
- eased by sitting bent over 2610
- eased by walking in open air 2525
- eased by walking bent over 2526
- eased by walking fast 2527
- eased by rubbing 2584

J2. Lying:

- eased after lying down 2538
- eased by lying 2553
- eased by lying in bed 2554
- eased by lying bent, or doubled up 2558
- eased by lying on the back 2559
- eased by lying on the side 2560
- eased by lying on the right side 2561
- eased by lying on the left side 2562
- eased by lying on the painful side 2563
- eased by lying on the painless side 2564
- eased by lying on a hard surface 2555
- eased by lying horizontally 2556
- eased by lying with the head high 2557

J3 Pressure

- eased by external pressure 2509

J4. Perspiration

- eased during sweat 2600
- eased after sweat 2602
- eased by cold sweat 2601

J5. Senses

- eased by touch 2492
- eased by touching of anything 2469

This is the end of Questionnaire No.1