

Discover Your Depression Type: Hypoglycemia

Check off each symptom below. Add up the number of checks in each column and multiply that column by the number printed at the top. For example, if you had 7 checks in the “moderate” section, that would be 14 points total for that column.

Add up your total score. A total score above 35 indicates you may have hypoglycemia.

Symptom	Never	Mild	Moderate	Severe
	0	1	2	3
1) Unstable moods, frequent mood swings				
2) Bad dreams- walk or talk in sleep				
3) Crying spells				
4) Blurred vision				
5) Frequent thirst				
6) Headaches				
7) Forgetfulness				
8) Muscle aches				
9) Binging on sweets				
10) Confusion				
11) Nervous stomach				
12) Poor sleep, insomnia, etc				
13) Nervous exhaustion, excessive fatigue				
14) Indecision				
15) Can't work under pressure				

16) Craving for sweets				
17) Depression				
18) Feelings of suspicion, paranoia				
19) Light headedness, Dizziness				
20) Anxiety				
21) Fearfulness				
22) Tremors, shakes				
23) Night sweats				
24) Heart palpitations				
25) Noticeable lift from one alcoholic drink				
26) Hunger after meals				
27) Antisocial feelings				
28) Irritability, sudden anger				
29) Lack of energy				
30) Insignificant events blown out of proportion				
31) Poor memory				
32) Inability to concentrate				
33) Sleepy after meals				
34) Chronic worrier				
35) Difficulty waking up				

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Total Scores:

Test was taken from the Health Recovery Center's website [here](#).