

Thyroid Problems

Hypothyroidism Symptoms

Mark each item that applies to you:

- ☐ 1. Do you have a hoarseness in your voice that has not always been there?
- ☐ 2. Do you have any swelling in your face?
- ☐ 3. Do you have dry, scaly skin?
- ☐ 4. Do you sweat less than normal?
- ☐ 5. Has your hair become drier and more coarse?
- ☐ 6. Do you have a decrease in your eyebrows toward the side of your face?
- ☐ 7. Have you had a decrease in the amount of scalp hair?
- ☐ 8. Have you noticed a "dirty" or thickened skin appearance of your elbows and knees?
- ☐ 9. Do you get tired easier than you used to?
- ☐ 10. Have you ever been told you had an enlarged heart?
- ☐ 11. Do your ankles swell or do you otherwise notice evidence of body-fluid retention?
- ☐ 12. Do you have less-than-normal energy?
- ☐ 13. Have any of your blood relatives had thyroid disease?
- ☐ 14. Does cold temperature bother you in the sense that you like the room temperature higher than other people or you wear more clothing or need more bedcovers than others?
- ☐ 15. Do you have difficulty pronouncing words?
- ☐ 16. Have you had an unexplained increase in weight recently?
- ☐ 17. Do you have rough skin or brittle nails that have not always been this way?
- ☐ 18. Do you have difficulty concentrating?
- ☐ 19. Are you unusually forgetful?
- ☐ 20. Do you feel that you are emotionally unstable but that this has been only in recent weeks or months?
- ☐ 21. Do you feel tired after a usual night of sleep or has your sleep or rest requirement increased?
- ☐ 22. Do you have times when you have difficulty breathing?
- ☐ 23. Do you have constipation or delay of or difficult bowel function?
- ☐ 24. Have you had problems conceiving children?
- ☐ 25. Is there any problem with your sex drive?
- ☐ 26. Do you have irregular menstrual flow?

If you marked 10 or more of these symptoms, it is worth looking into thyroid issues as a cause to your depression.

This checklist was developed by Keith Sehnert, M.D., a medical consultant at Health Recovery Center and a well-known medical writer, taken and modified from [Depression-Free. Naturally.](#) by Joan Mathews Larson.