

# Thyroid-Related Symptom Screening Questionnaire

## Scoring and Interpretation Guide

This screening tool is designed to help counselors identify symptom patterns that may suggest possible thyroid-related or endocrine contributors to mental health symptoms. It is not diagnostic and should be used to support referral and collaboration with medical providers.

### Scoring Instructions

Each item is scored on a 5-point Likert scale:

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Very Often / Almost Always

Add the numeric responses for all 8 items to obtain a total score. Possible score range: 8–40.

### Score Interpretation

8–15 | Low likelihood of thyroid-related contribution

Symptoms are more consistent with primary psychological or situational factors. Continue standard counseling assessment and treatment.

16–23 | Mild to moderate likelihood

Some features overlap with thyroid-related patterns. Monitor symptoms over time and consider medical history, family history, and treatment response.

24–31 | Moderate to high likelihood

Symptom pattern suggests possible metabolic or endocrine involvement. Consider recommending medical evaluation, especially if symptoms are treatment resistant.

32–40 | High likelihood

Strong symptom clustering consistent with thyroid-related dysfunction. Medical referral is strongly recommended in addition to ongoing counseling support.

### Clinical Pattern Clustering (Clusters are more clinically meaningful than any single item.)

Pay particular attention if the client endorses:

- Multiple items related to physical heaviness and fatigue
- State-dependent worsening with stress, illness, or sleep disruption
- Cognitive slowing rather than racing thoughts
- The 'wired but exhausted' pattern

### Ethical and Scope Considerations

This tool does not diagnose thyroid disease. Document as symptom screening and referral support only. Use neutral referral language such as: “Some of your symptoms can overlap with medical or hormonal factors. It may be helpful to discuss this with your healthcare provider.”

### Disclaimer

This screening tool is intended for educational and clinical support purposes only. It does not replace medical evaluation, laboratory testing, or diagnosis by a licensed medical provider.



Copyright © 2025 Created by Dr. Crystal Sciarini for The Informed Clinician  
Reproduction permitted for non-monetary purposes and without any adaptation.