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Below is a simple, 2-minute quiz you can take to reflect on how hormone imbalances may be affecting you. Please note, this is just for informational purposes and isn't a substitute for professional advice. If you're concerned about your mental health, it's always best to consult with a healthcare provider.

2-Minute Hormonal Impact on Mental Health Quiz

For each statement, rate how often you experience the following symptoms on a scale of:

1 = Never
2 = Rarely
3 = Sometimes
4 = Often
5 = Always

1. **Mood Swings:** I experience sudden, unexplained changes in mood (e.g., feeling fine one moment and then irritable, sad, or angry the next).

2. **Fatigue:** I often feel tired, even after a full night's sleep or find it hard to get out of bed.

3. **Anxiety or Nervousness:** I experience feelings of anxiety, nervousness, or a racing heart without clear cause.

4. **Depression or Sadness:** I find myself feeling more sad or down than usual, even when there's no clear reason.

5. **Changes in Appetite:** My appetite has changed dramatically (eating more than usual or losing interest in food).

6. **Sleep Disruptions:** I struggle to sleep through the night, or I'm waking up earlier than usual and can't fall back asleep.

7. **Libido Changes:** I have noticed a significant change in my interest in or desire for sex.

8. **Physical Symptoms:** I experience physical symptoms like headaches, bloating, or muscle tension that seem to have no clear cause.

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9. **Memory or Focus Issues:** I find myself struggling to concentrate or experiencing memory lapses more frequently than usual.

10. **Stress Sensitivity:** I feel overwhelmed by situations that wouldn't normally bother me.

Scoring:

- **40-50 points**: Hormones might be significantly affecting your mental health. It's a good idea to talk to a healthcare professional to explore potential causes like thyroid issues, adrenal imbalances, or reproductive hormones.

- **30-39 points**: There could be some hormonal influence on your mental health. Consider consulting a healthcare provider to discuss your symptoms further.

- **20-29 points**: Hormonal influence is possible, but it may be a smaller factor. If symptoms persist, consider talking to a doctor.

- **Under 20 points**: Hormones are likely not a major factor in your mental health at this time. Other lifestyle factors or stress might be more influential.