

**CHILD & ADOLESCENT METHYLATION QUESTIONNAIRE \***  
(ADAPTED FROM PFEIFFER)

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

\* To be completed by patient or patient's guardian

Please indicate by circling which response best describes you, particularly in a pre-treatment period.

Mental			
Academic accomplishment in traditional subjects at school e.g. maths, science, literacy	High	Medium	Low
Artistic & musical abilities		No	Strong
Learning difficulties in school including dyslexia	No		Yes
Perfectionistic traits either in past or now	Yes	No	
Motivation	High	Medium	Low
Competitiveness in any area – may be with others or self	High	Medium	Low
May be described as talkative	No		Yes
May be described as hyperactive at times		No	Yes
Religious beliefs		No	Yes
Emotional			
Anxiety or inner turmoil	Outwardly calm with marked inner anxiety	None	Anxiety which is evident to all and can become panic
Phobias	Yes	No	
Obsessive compulsive or ritualised behaviours	Yes	No	
Strong sense of routine, order & control e.g. diet, cleaning, work	Yes		No
Tendency to collect things → in extreme forms: hoarding	Yes	No	
Generally difficult to wind down → onset insomnia	Yes	No	
Previous or current diagnoses of	OCD or Anorexia or Bulimia or Addictions of any sort		Panic Attacks or ADHD or Psychoses including schizophrenia



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Physical features			
Allergies & sensitivities	Inhalant e.g. hayfever, dust mite	Neither	Chemical e.g. perfumes <u>OR</u> food intolerances such as salicylates
Metabolic rate	Fast – tendency to slimness	Average	Slow – tendency to overweight
Natural Athleticism – coordination, ball skills	Strong	Neither	Poor
Pain tolerance	Low	Average	High
Response to Previous Medications & Nutrients			
Response to anti-histamines	Positive	NA or Unknown	Negative
Pathology Test Results (to be filled in by clinician when available)			
Whole Blood Histamine	> 0.55 µmol/L	NA or Unknown	<0.4 µmol/L
Basophils	Tend to be > 0.02	NA or Unknown	Tend to be < 0.02
Homocysteine	Tends to be low < 5 µmol/L	NA or Unknown	Tends to be high > 7 µmol/L
Elevated Copper e.g. >20 µmol/L		NA or Unknown	Yes
<u>How to Calculate Column Totals</u> <ul style="list-style-type: none"> <li>• Award 0 points to each 'NA or Unknown'</li> <li>• Award 1 point per answer in unshaded rows</li> <li>• Award 2 points per answer in green shaded row</li> </ul>			
Marked dominance of 1 column total suggestive of	Under	Neither	Over