

Androgen Deficiency in Aging Males (ADAM) questionnaire*

1. Do you have a decrease in libido (sex drive)?
2. Do you have a lack of energy?
3. Do you have a decrease in strength and/or endurance?
4. Have you lost height?
5. Have you noticed a decreased “enjoyment of life”?
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed a recent deterioration in your ability to participate in sports?
9. Are you falling asleep after dinner?
10. Has there been a recent deterioration in your work performance?

A positive questionnaire result is defined as a ‘yes’ answer to questions 1 or 7 or any three other questions.

*Morley JE, Perry HM. Androgen deficiency in aging men. *Med Clin North Am* 1999;83:1279-89