

Chronic Lyme disease symptom questionnaire

The following questionnaire is taken from “The Lyme Solution” book, by Dr Darin Angels, ND. To take the questionnaire, for each symptom, insert a number from 0 to 4 in the severity column. A scoring key follows the test. If you have the characteristic bull’s-eye rash, then it is almost certain you have Lyme disease and you can skip the questionnaire.

Symptom Score

- 0 = None
- 1 = Rare
- 2 = Mild
- 3 = Moderate
- 4 = Severe

Symptom	Severity
Fever, chills and sweating	
Joint pain or swelling in multiple joints	
Numbness, tingling or burning pain	
Muscle pain or twitching	
Bell’s palsy or facial paralysis	
Hand tremors	
Chronic fatigue	
Chronic constipation or diarrhea	
Forgetfulness or memory loss	
Chronic swollen glands	
Headaches	
Dizziness or light-headedness	
Changes in vision (blurry or double vision)	
Insomnia	
Ringing in the ears	
Shortness of breath	
Heart palpitations	
Irritable bladder	
Loss of libido	

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Symptom	Severity
Sudden change of mood	
Sudden change in handwriting or speech	
Add 4 points if you live or have been in an area where Lyme disease is common	
Add 4 points if you have been diagnosed with another autoimmune disease	
Total	

How to score the questionnaire

If you score less than 20, it is unlikely you have Lyme disease.

If you score between 21 and 44, it is possible you have been exposed to an infected tick and you should get tested by a healthcare provider who is experienced in the treatment of chronic Lyme disease.

If your score is over 45, it is highly likely you have Lyme disease or some other tick-borne illness, and you should get tested by a healthcare provider who is experienced in the diagnosis and treatment of chronic Lyme disease.