Brett Clarke, M.D., M.S.

PINON HILLS
Ear, Nose, Throat & Allergy

Stephen Smith, PA-C

DIZZINESS QUESTIONNAIRE

Please complete ALL sections of this questionnaire. Thank you.

Name:_____ **Age**:_____ **Date**:_____

Gender: Male ☐ Female ☐

Is your dizziness constant or does it come in spells?

It is constant……..……☐

It comes in spells…..……..……☐

During your dizziness, do you feel like…	**Yes**	**No**
You are spinning around in circles…….…….……	☐	☐
The world is spinning around you…….…….…….…	☐	☐
You are nauseated…….…….…….……	☐	☐
Your head is swimming…….…….…….……	☐	☐
You are very sensitive to light, or changes in lighting…….……	☐	☐
You are very sensitive to sounds, or changes in sound…….……	☐	☐
If yes,		
Do sounds make you dizzy…….…….……	☐	☐
Do sounds make your world jiggle…….…….….	☐	☐

My hearing…	**One ear**	**Both ears**	**Neither**
Changed for the better recently…….……..…	☐	☐	☐
Changed for the worse recently…….…….……	☐	☐	☐
Changed during a dizziness attack…….…….…	☐	☐	☐

My ears…

Ring when I am dizzy…….……	☐	☐	☐
Feel full or bursting when I am dizzy…….……	☐	☐	☐
Feel painful when I am dizzy…….……	☐	☐	☐

Have you…	**Yes**	**No**
Lost consciousness, “blacked out,” or fainted…….……	☐	☐
Had severe prolonged nausea and/or light sensitivity……..…	☐	☐
Or a family member ever been diagnosed with migraines…..……..……	☐	☐
Had trouble walking in the dark…….…….……	☐	☐

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If your dizziness comes in spells, please answer the following questions:

My typical dizzy attack lasts…(pick ONE)

- Less than 3 mins…… ☐
- More than 3 but less than 15 mins…… ☐
- More than 15 but less than 59 mins…… ☐
- More than 1 hour but less than 12 hours…… ☐
- More than 12 hours but less than 1 week…… ☐
- Weeks to months…… ☐
- They vary greatly…… ☐

Usually, a dizzy attack happens…(pick ONE)

- Less than once a month…… ☐
- At least once a month, but less than weekly…… ☐
- At least once a week, but not daily…… ☐
- Daily…… ☐
- It varies greatly…… ☐

Which of the following describe your symptoms?	**Yes**	**No**
Dizzy in sudden spells, with breaks in between……	☐	☐
Dizzy when sitting or standing still……	☐	☐
Dizzy when rolling over in bed……	☐	☐
Dizzy when turning or moving your head……	☐	☐
Dizzy when bent over or reaching down……	☐	☐
Dizziness lasts for a few seconds when you get up quickly from a chair or bed	☐	☐

Please indicate whether your dizziness changes…	**More**	**Less**	**No change**
In certain positions……	☐	☐	☐
For women, during your menstrual period……	☐	☐	☐
When you sit or stand still……	☐	☐	☐
When you rapidly move your head……	☐	☐	☐

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