Caffeine Sensitivity Questionnaire

Instructions: We are interested in knowing how sensitive you are to caffeine. Caffeine sensitivity refers to the degree to which you feel various physical or psychological symptoms in response to taking caffeine. Please answer as honestly and completely as you can.

1. The most common symptoms associated with caffeine consumption are feelings of anxiety or nervousness, muscle tension, shakiness or tremors and insomnia. If you have never experienced the above symptoms after taking a large amount of caffeine then you have below normal caffeine sensitivity. If you experience intense symptoms after taking caffeine then you have above normal caffeine sensitivity. Which of the following best describes you? (check one)

   My sensitivity to caffeine is below normal_____

   My sensitivity to caffeine is about normal_____

   My sensitivity to caffeine is above normal_____

2. Have you ever used NoDoz or other caffeine pills?_____

   If yes, did this elicit any negative side effects?_____

   Explain____
   ____

3. What is the greatest quantity of caffeine you have ever consumed in one day?_________

   Did this quantity elicit any negative side effects?_____

   Explain____
   ____

4. Have you ever experienced negative side effects from caffeine?_____

   Explain____
   ____