

Saint Louis University Androgen Deficiency in Aging Males (ADAM) questionnaire^{1,2}

Low testosterone levels are often related to a variety of physical symptoms. The Androgen Deficiency in Ageing Males (ADAM) questionnaire was originally published by JE Morley in 2000, and was designed to screen for the symptoms of low testosterone or testosterone deficiency in males aged ≥ 40 years, without laboratory testing. The questionnaire has been validated in the general population and found to have 88% sensitivity and 60% specificity for detecting androgen deficiency.¹ This questionnaire has not been specifically validated in HIV positive men.

The ADAM questionnaire includes ten questions:

	Yes	No
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 noted a recent deterioration in your ability to play sports?		
9. Are you falling asleep after dinner?		
10. Has there been a recent deterioration in your work performance?		

Adapted with permission from Elsevier.

A positive questionnaire result is defined as a "yes" answer to questions 1 or 7 or any 3 other questions.

References

1. Morley JE, Charlton E, Patrick P, et al. [Validation of a screening questionnaire for androgen deficiency in aging males.](#) * *Metabolism*. 2000;49:1239–1242.
2. Martinez-Jabaloyas JM, Queipo-Zaragoza A, Rodriguez-Navarra R, et al. [Relationship between the Saint Louis University ADAM Questionnaire and Sexual Hormonal Levels in a Male Outpatient Population over 50 Years of Age.](#) * *Eur Urol*. 2007;52:1760–1767.