

SPEAK UP AND SHARE YOUR SYMPTOMS

Are you having body movements you can't control?

If you've been taking certain medications for your mental health for a while, your movements might be caused by tardive dyskinesia (TD). TD is a condition where people have movements they can't control. TD movements may continue even after stopping or changing the dose of your mental health medication(s). It's important to know that there are treatment options to help with TD. Sharing this questionnaire can give your doctor a better picture of your movements, how they are impacting you, and if they may be TD.

Name: _____

Date: _____

This questionnaire is not a validated assessment tool, nor is it a diagnostic tool for TD. TD should be diagnosed by a medical professional.

1 How long have you been taking (or did you take) antipsychotic mental health medication(s)?

- Less than 3 months
- 3 months to 1 year
- 1 to 3 years
- Over 3 years

3 How long have you experienced these movements?

- Less than 3 months
- 3 months to 1 year
- 1 to 3 years
- Over 3 years

2 Have you experienced uncontrollable movements such as pursing, puckering, excessive blinking, jerking, rocking, or twisting in the: (Select all that apply)

- Eyes
- Lips
- Torso
- Feet/toes
- Tongue
- Jaw
- Arms
- Hands/fingers

4 Who has noticed these movements? (Select all that apply)

- Me
- Spouse
- Friend/coworker
- Family member
- Healthcare provider
- Other _____

5 How bothersome do you find these movements?

- 1: Not noticeable at all
- 2
- 3
- 4
- 5: Extremely bothersome

TURN OVER TO DISCUSS IMPACT >

Share how uncontrollable movements have impacted your life

TD affects everyone differently. Think about and share how your movements impact your life. Be open with your doctor about how you're feeling and how these feelings are affecting your personal life and relationships.

How much are the following areas of your life impacted by **uncontrollable movements**?
(Rate 1 to 5: 1=not impacted at all, 5=extremely impacted)

PHYSICAL IMPACT



Speaking:



Eating, drinking,
or cooking:



Writing
or typing:



Walking
or exercising:



Sleeping:

SOCIAL IMPACT



Family activities:



Work/school:



Personal relationships:



Social activities:

EMOTIONAL IMPACT



Overall well-being:



Loneliness:



Frustration:



Self-consciousness:

NOTES: _____

TD is a manageable condition, so ask your doctor about treatment options and how you can start taking control of your involuntary movements.

