

Determine your constitution

Constitution questionnaire – 27 items

The assessment is based on nine constitution types, each of which is evaluated using three representative symptom indicators.

1. Balanced constitution (Type A)

- Do you feel energetic and full of vitality?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you sleep well and do you fall asleep easily?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Are you easy-going, cheerful and able to adapt to changes in your environment?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

2. Qi-deficiency constitution (Type B)

- Do you feel tired easily, do you speak in a weak voice, or do you prefer not to talk?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you sweat easily, even during light exercise?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you catch colds more often than others and take a long time to recover?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

3. Yang-deficient constitution (Type C)

- Do you often have cold hands, feet, waist or knees?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

- Do you feel cold in your stomach, back or lower back, especially in winter?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you dislike air conditioning or cold draughts, and do you often suffer from diarrhoea after having a cold?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

4. Yin deficiency constitution (Type D)

- Do you often have a dry mouth, throat or eyes?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you feel warmth in the palms of your hands, the soles of your feet or your body, or do you have dry skin?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you often suffer from constipation, irritability or insomnia, or do you feel worse in summer than in winter?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

5. Phlegm-dampness constitution (Type E)

- Do you feel physically heavy or sluggish, or do you have a soft, overly full tummy?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Is your forehead or chest often oily, or does your mouth feel sticky?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you often experience a tightness in your chest, excessive phlegm or do you snore whilst sleeping?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

6. Damp-heat constitution (Type F)

- Do you suffer from oily skin, acne or spots on your face or the tip of your nose?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you suffer from a bitter taste in your mouth, bad breath, or tiredness and a feeling of heaviness?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you suffer from sticky, incomplete bowel movements, dark yellow urine, or (for men) fluid in the scrotum?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

7. Blood stasis constitution (Type G)

- Do you have a dull complexion or unexplained bruises (subcutaneous haemorrhages)?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you suffer from severe period pain (women), persistent localised pain, or a poor memory and irritability?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Are your lips dark or purplish, or do your gums bleed easily when you brush your teeth?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

8. Qi stagnation constitution (Type H)

- Do you often feel depressed, emotionally low, or anxious and tense?
° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**
- Do you get scared easily or do you often sigh for no reason?

° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

- Do you suffer from bloating or pain in your ribs or breasts, or a lump in your throat (like a plum stone)?

° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

9. Special constitution (allergic type, type I)

- Are you prone to allergies (medicines, food, odours, pollen), or do you have a history of asthma or hives?

° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

- Do you often suffer from a blocked nose, sneezing or a runny nose, even when you don't have a cold?

° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

- Do you easily develop hives (bumps) or purplish-red allergic patches on your skin?

° Never **1** ° Rarely **2** ° Sometimes **3** ° Often **4** ° Always **5**

TOTAL:

Calculate score

Each constitution comprises 3 questions, each of which you answer with a score from 1 to 5. You then add up the 3 answers for each constitution

Example: Qi-deficiency constitution:

Sometimes chronically tired, often with a weak or soft voice, rarely short of breath after light exertion

3 + 4 + 2 = 9 is the score.

You then convert the score to the conversion score using the following formula to determine your body constitution

Example: Original score 9, number of items = 3

conversion score = $\frac{\text{original score} - 3 \times 100}{12}$

12

$$9-3 = 6 \times 100 = 600 : 12 = 50$$

This standardised scoring system ensures consistency, reproducibility and improved clinical reliability i

Interpretation criteria

1. Balanced (mild) constitution

The balanced constitution represents an optimal state of health.

Interpretation of the condition

Conversion score ≥ 60 AND all other 8 constitutions < 30 Balanced constitution

(Yes) Conversion score ≥ 60 AND all other 8 constitutions < 40 Generally balanced

Otherwise unbalanced

Important clinical rule:

If any of the **unbalanced constitutions** has a **score of ≥ 40** , the balanced constitution is automatically classified as 'unbalanced', regardless of its score.

2. Eight unbalanced TCM constitutions

Each constitution is assessed individually, meaning that multiple constitutions can co-exist.

Interpretation of conversion score

≥ 40 Yes (strong constitution type)

$\geq 30-39$ (weaker constitution)

< 30 No (weak)

✓ **Multiple constitution types can coexist**

✓ **Each type is assessed separately**

✓ **Results reflect physiological tendencies, not a diagnosis of disease**

Clinical significance of TCM constitution results

The TCM constitution system offers a structured way of gaining insight into:

- Individual health tendencies
- Functional bodily patterns
- Lifestyle and risk predispositions

Key clinical insights:

- A person may exhibit multiple constitution types simultaneously
- 'Weak' results indicate an early physiological imbalance
- The system supports preventive healthcare and personalised TCM treatment

Comments on clinical application

For optimal diagnostic accuracy, the questionnaire should not be used on its own. It is recommended to integrate the results with:

- Tongue diagnosis
- Pulse diagnosis
- Comprehensive syndrome differentiation