

LEPTIN RESISTANCE QUIZ:

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Assess Your Leptin Sensitivity

This quiz is designed to help you assess your current leptin sensitivity. By answering the following questions, you can gain insight into your hormone health, specifically relating to leptin, and take proactive steps toward optimising it. This quiz is for informational purposes and is not a substitute for medical advice.

Instructions:

For each question, select the option that best applies to you. At the end, tally your score to see where you stand.

1. How often do you experience intense cravings for sugary or high-carb foods?

- A) Rarely or never
- B) Occasionally
- C) Frequently
- D) Almost always

2. Do you find it difficult to feel full after eating?

- A) Rarely
- B) Sometimes
- C) Often
- D) Almost always

3. How often do you feel fatigued or low on energy, even after a full night's sleep?

- A) Rarely
- B) Sometimes
- C) Often
- D) Almost always

4. Do you have trouble losing weight, even when following a healthy diet and exercise routine?

- A) Rarely
- B) Sometimes
- C) Often
- D) Almost always

5. How would you describe your hunger levels throughout the day?

- A) Balanced and normal
- B) Occasionally hungry, but manageable
- C) Frequently hungry, no matter what I eat
- D) Always hungry, even after meals

6. Have you been diagnosed with insulin resistance, pre-diabetes, or type 2 diabetes?

- A) No
- B) Yes, but under control
- C) Yes, and it's not under control

7. How would you describe your sleep quality?

- A) I sleep soundly through the night and wake up feeling rested
- B) I have trouble falling asleep, but once I do, I sleep okay
- C) I wake up frequently during the night or have trouble staying asleep
- D) I rarely feel rested in the morning, even after a full night's sleep

8. Do you experience mood swings, irritability, or anxiety on a regular basis?

- A) Rarely or never
- B) Sometimes
- C) Often
- D) Almost always

9. Have you noticed a tendency to store fat around your belly or midsection?

- A) No
- B) A little
- C) Yes, especially around the waist
- D) Yes, it's the main area where I store fat

10. How would you rate your ability to control your weight in general?

- A) I have no problem maintaining my weight
- B) I can manage my weight, but sometimes it's challenging
- C) I struggle with my weight despite trying different methods
- D) I find it very difficult to control my weight, and I'm gaining

Scoring Guide:

Mostly A's: Your leptin sensitivity seems to be in good shape, and you are likely managing your weight and appetite well.

Mostly B's: You may be starting to experience mild leptin resistance. Consider making some lifestyle adjustments to improve hormone balance.

Mostly C's: You might be showing signs of leptin resistance, which could be contributing to difficulty with weight loss and appetite regulation.

Mostly D's: It's likely that leptin resistance is impacting your ability to lose weight and control hunger. A more focused approach to improving leptin sensitivity may be necessary.

Next Steps:

- If you scored mostly A's, keep up with a balanced diet, regular exercise, and proper sleep.
- If you scored mostly B's or higher, consider addressing lifestyle factors like nutrition, stress, and sleep to improve leptin sensitivity. I'd be happy to help you create a personalised plan to optimise your hormonal health and support your weight loss goals.

Ready to take the next step?

Book a consultation with me today, and let's work together to create a tailored approach to balance your hormones and unlock your full potential!