

Chronic Mental Hyperactivity Questionnaire

Mental hyperactivity (MH) depends on the "Default Neural Network (DNN)", located in several areas of the brain. This network is activated when we remember the past and make future plans. Its hyperactivity and altered functioning is associated with Alzheimer's disease, schizophrenia, autism, depression, fibromyalgia, attention deficit, post-traumatic stress, anxiety, etc.

To assess the levels of Mental Hyperactivity experienced in the last 3 months, please answer honestly to 10 questions with 4 answer options:

	Never	Sometimes	Frequently	Always
Problem(s) making it difficult to fall asleep				
Unrest				
Impatience				
Difficulty in sustaining attention while performing a task				
Irritability				
Difficulty in managing unmet expectations				
Insecurity				
Feeling of tension/pain in jaw and/or neck and/or head				
Feeling of physical fatigue				
Unhappiness				

The evaluation is carried out using a Likert scale, with the following values:

0= Never

1= Sometimes

2= Frequently

3= Always

References

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