

Cornell Medical Index (CMI)

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Japanese version of CMI

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A Eyes and ears

- 1 Do you need glasses to read?
- 2 Do you need glasses to see things at a distance?
- 3 Has your eyesight of ten blacked out completely?
- 4 Do your eyes continually blink or water?
- 5 Do you often have bad pains in your eyes?
- 6 Are your eyes often red or inflamed?
- 7 Are you hard of hearing?
- 8 Have you ever had a bad running ear?
- 9 Do you have constant noises in your ears?

B Respiratory system

- 10 Do you have to clear your throat frequently
- 11 Do you often feel a choking lump in your throat?
- 12 Are you often troubled with bad spells of sneezing?
- 13 Is your nose continually stuffed up?
- 14 Do you suffer from a constantly running nose?
- 15 Have you at times had bad nose bleeds?
- 16 Do you often catch severe colds?
- 17 Do you frequently suffer from heavy chest colds?
- 18 When you catch a cold, do you always have to go to bed?
- 19 Do frequent colds keep you miserable all winter?
- 20 Do you get hay fever?
- 21 Do you suffer from asthma?
- 22 Are you troubled by constant coughing?
- 23 Have you ever coughed up blood?
- 24 Do you sometimes have severe soaking sweats at night?
- 25 Have you ever had a chronic chest condition?
- 26 Have you ever had T.B. (Tuberculosis)?
- 27 Did you ever live with anyone who had T.B.?

C Cardiovascular system

- 28 Has a doctor ever said your blood pressure was too high?
- 29 Has a doctor ever said your blood pressure was too low?
- 30 Do you have pains in the heart or chest?
- 31 Are you often bothered by thumping of the heart?
- 32 Does your heart often race like mad?
- 33 Do you often have difficulty in breathing?
- 34 Do you get out of breath long before anyone else?
- 35 Do you sometimes get out of breath just sitting still?
- 36 Are your ankles often badly swollen?
- 37 Do cold hands or feet trouble you even in hot weather?
- 38 Do you suffer from frequent cramps in your legs?
- 39 Has a doctor ever said you had heart trouble?

40 Does heart trouble run in your family?

D Digestive tract

41 Have you lost more than half your teeth?

42 Are you troubled by bleeding gums?

43 Have you often had severe toothaches?

44 Is your tongue usually badly coated?

45 Is your appetite always poor?

46 Do you usually eat sweets or other food between meals?

47 Do you always gulp your food in a hurry?

48 Do you often suffer from an upset stomach?

49 Do you usually feel bloated after eating?

50 Do you usually belch a lot after eating?

51 Are you often sick to your stomach?

52 Do you suffer from indigestion?

53 Do severe pains in the stomach often double you up?

54 Do you suffer from constant stomach trouble?

55 Does stomach trouble run in your family?

56 Has a doctor ever said you had stomach ulcers?

57 Do you suffer from frequent loose bowel movements?

58 Have you ever had severe bloody diarrhea?

59 Were you ever troubled with intestinal worms?

60 Do you constantly suffer from bad constipation?

61 Have you ever had piles (rectal hemorrhoids)?

62 Have you ever had jaundice (yellow eyes and skin)?

63 Have you ever had serious liver or gall bladder trouble?

E Musculoskeletal system

64 Are your joints often painfully swollen?

65 Do your muscles and joints constantly feel stiff?

66 Do you usually have severe pains in the arms or legs?

67 Are you crippled with severe rheumatism (arthritis)?

68 Does rheumatism (arthritis) run in your family?

69 Do weak or painful feet make your life miserable?

70 Do pains in the back make it hard for you to keep up with your work?

71 Are you troubled with a serious bodily disability or deformity?

F Skin

72 Is your skin very sensitive or tender?

73 Do cuts in your skin usually stay open a long time?

74 Does your face often get badly flushed?

75 Do you sweat a great deal even in cold weather?

76 Are you often bothered by severe itching?

77 Does your skin often break out in a rash?

78 Are you often troubled with boils?

G Nervous system

79 Do you suffer badly from frequent severe headaches?

80 Does pressure or pain in the head often make life miserable?

81 Are headaches common in your family?

82 Do you have hot or cold spells?

83 Do you often have spells of severe dizziness?

84 Do you frequently feel faint?

- 85 Have you fainted more than twice in your life?
- 86 Do you have constant numbness or tingling in any part of your body?
- 87 Was any part of your body ever paralyzed?
- 88 Were you ever knocked unconscious?
- 89 Have you at times had a twitching of the face, head or shoulders?
- 90 Did you ever have a fit or convulsion (epilepsy)?
- 91 Has anyone in your family ever had fits or convulsions (epilepsy)?
- 92 Do you bite your nails badly?
- 93 Are you troubled by stuttering or stammering?
- 94 Are you a sleep walker?
- 95 Are you a bed wetter?
- 96 Were you a bed wetter between the ages of 8 and 14?

H **Gentiourinary system**

- 97 Have your menstrual periods usually been painful?
- 98 Have you often felt weak or sick with your periods?
- 99 Have you often had to lie down when your periods came on?
- 100 Have you usually been tense or jumpy with your periods?
- 101 Have you ever had constant severe hot flashes and sweats?
- 102 Have you often been troubled with a vaginal discharge?
- 103 Do you have to get up every night and urinate?
- 104 During the day, do you usually have to urinate frequently?
- 105 Do you often have severe burning pain when you urinate?
- 106 Do you sometimes lose control of your bladder?
- 107 Has a doctor ever said you had kidney or bladder disease?

I **Fatigability**

- 108 Do you often get spells of complete exhaustion or fatigue?
- 109 Does working tire you out completely?
- 110 Do you usually get up tired and exhausted in the morning?
- 111 Does every little effort wear you out?
- 112 Are you constantly too tired and exhausted even to eat?
- 113 Do you suffer from severe nervous exhaustion?
- 114 Does nervous exhaustion run in your family?

J **Frequency of illness**

- 115 Are you frequently ill?
- 116 Are you frequently confined to bed by illness?
- 117 Are you always in poor health?
- 118 Are you considered a sickly person?
- 119 Do you come from a sickly family?
- 120 Do severe pains and aches make it impossible for you to do your work?
- 121 Do you wear yourself out worrying about your health?
- 122 Are you always ill and unhappy?
- 123 Are you constantly made miserable by poor health?

K **Miscellaneous disease**

- 124 Did you ever have scarlet fever?
- 125 As a child, did you have rheumatic fever, growing pains or twitching of the limbs?
- 126 Did you ever have malaria?
- 127 Were you ever treated for severe anemia (thin blood)?
- 128 Were you ever treated for "bad blood" (venereal disease)?
- 129 Do you have diabetes (sugar disease)?

- 130 Did a doctor ever say you had a goiter (in your neck)?
- 131 Did a doctor ever treat you for tumor or cancer?
- 132 Do you suffer from any chronic disease?
- 133 Are you definitely under weight?
- 134 Are you definitely over weight?
- 135 Did a doctor ever say you had varicose veins (swollen veins) in your legs?
- 136 Did you ever have a serious operation?
- 137 Did you ever have a serious injury?
- 138 Do you often have small accidents or injuries?

L Habits

- 139 Do you usually have great difficulty in falling asleep or staying asleep?
- 140 Do you find it impossible to take a regular rest period each day ?
- 141 Do you find it impossible to take regular exercise?
- 142 Do you smoke more than 20 cigarettes a day?
- 143 Do you usually take two or more alcoholic drinks a day?
- 144 Do you drink more than six cups of coffee or tea a day?

M Inadequacy

- 145 Do you sweat or tremble a lot during examinations or questioning?
- 146 Do you get nervous and shaky when approached by a superior?
- 147 Does your work fall to pieces when the boss or a superior is watching you?
- 148 Does your thinking get completely mixed up when you have to do things quickly?
- 149 Must you do things very slowly in order to do them without mistakes?
- 150 Do you always get directions and orders wrong?
- 151 Do strange people or places make you afraid ?
- 152 Are you scared to be alone when there are no friends near you ?
- 153 Is it always hard for you to make up your mind?
- 154 Do you wish you always had someone at your side to advise you ?
- 155 Are you considered a clumsy person?
- 156 Does it bother you to eat anywhere except in your own home?

N Depression

- 157 Do you feel alone and sad at a party?
- 158 Do you usually feel unhappy and depressed?
- 159 Do you often cry?
- 160 Are you always miserable and blue?
- 161 Does life look entirely hopeless?
- 162 Do you often wish you were dead and away from it all ?

O Anxiety

- 163 Does worrying continually get you down?
- 164 Does worrying run in your family?
- 165 Does every little thing get on your nerves and wear you out?
- 166 Are you considered a nervous person?
- 167 Does nervousness run in your family?
- 168 Did you ever have a nervous breakdown?
- 169 Did anyone in your family ever have a nervous breakdown?
- 170 Were you ever a patient in a mental hospital (for your nerves) ?
- 171 Was anyone in your family ever a patient in mental hospital (for their nerves)?

P Sensitivity

- 172 Are you extremely shy or sensitive?
- 173 Do you come from a shy or sensitive family?

- 174 Are your feelings easily hurt?
- 175 Does criticism always upset you?
- 176 Are you considered a touchy person?
- 177 Do people usually misunderstand you?

Q

Anger

- 178 Do you have to be on your guard even with friends?
- 179 Do you always do things on sudden impulse?
- 180 Are you easily upset or irritated?
- 181 Do you go to pieces if you don't constantly control yourself ?
- 182 Do little annoyances get on your nerves and make you angry?
- 183 Does it make you angry to have anyone tell you what to do?
- 184 Do people often annoy and irritate you?
- 185 Do you flare up in anger if you can't have what you want right away?
- 186 Do you often get into a violent rage?

R

Tension

- 187 Do you often shake or tremble?
- 188 Are you constantly keyed up and jittery?
- 189 Do sudden noises make you jump or shake badly?
- 190 Do you tremble or feel weak whenever someone shouts at you?
- 191 Do you become scared at sudden movements or noises at night?
- 192 Are you often awakened out of your sleep by frightening dreams?
- 193 Do frightening thoughts keep coming back in your mind?
- 194 Do you often become suddenly scared for no good reason?
- 195 Do you often break out in a cold sweat?