

How did you realize you have mouth odor?

- Nonverbal body language by other people
- Somebody told me
- I just know

When was the first time you noticed you had mouth odor?

- \_\_\_\_\_ years ago
- \_\_\_\_\_ months ago
- \_\_\_\_\_ weeks ago

How strong do you think is your mouth odor?

- strong
- average
- minor

Name some situations in which you realized you have mouth odor:

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How would you describe your stress level right now?

- extreme
- high
- average
- low

In which situations is your mouth odor more frequent or stronger than usual?

- After waking up
- When I am hungry or thirsty
- When I am tired
- All day
- At work
- When I talk to other people
- Other \_\_\_\_\_

How often do you have mouth odor?

- Once a month
- Once a week
- Every day
- Always

Do you smoke?

- No
  - Yes
- If yes, how many cigarettes per day? \_\_\_\_\_

What do you do for a living?

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- Is your job stressing you?
- Yes
  - No

Do you see a connection between your job and your mouth odor?

- Yes
- No

Please describe your mouth odor as detailed as possible (Examples: bitter, burning, putrid, floral, fruity, garlicy, fecal, rancid, foul, sweet):

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Does your mouth odor influence your private or social life? If yes, in what respect?

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How far is the range of your mouth odor?

- 30 centimeters
- one meter
- more than one meter

Do you notice furrings of your tongue?

- Yes
- No

How often do you brush your teeth?

\_\_\_ times per day.

Do you suffer from gum bleeding?

- Yes
- No

Do you floss?

- No
- Yes

If yes, how often? \_\_\_times per\_\_\_

Do you use mouthwash?

- No
- Yes

If yes, how often? \_\_\_times per\_\_\_

Name of mouthwash: \_\_\_\_\_

Do you suffer from allergies?

- No
- Yes

If yes, what are you allergic to? \_\_\_\_\_

Are you frequently snuffy? Do you often have to clean your nose?

- No
- Yes

Do you suffer from dryness of the mouth?

- No
- Yes

If yes, how often? \_\_\_times per\_\_\_

Do you think you are having mouth odor right now?

- Yes
- No

Are you currently taking the following medication?

- Antibiotics
- Asthma inhaler
- Medication against gastric acid
- Antidepressants
- Other: \_\_\_\_\_

- Where do you think your mouth odor proceeds from?
- the mouth
  - the nose
  - both

To which causes would you – in your case - attribute the mouth odor?

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Which steps have you taken so far to fight your mouth odor?

- None
- Mouthwash
- Chewing gum
- Candies
- Avoidance of certain foods such as:

Other: \_\_\_\_\_

Have you already consulted other doctors about your mouth odor? (e.g. dentist, family doctor, otolaryngologist ...)

- No
- Yes

If yes, when? \_\_\_\_\_

If yes, which kind of doctor:

- Dentist
- Family doctor
- Otolaryngologist
- Internal specialist
- Other doctor: \_\_\_\_\_

Which steps have been taken by other doctors to treat your mouth odor?

- Examination of the mouth
- Examination of the throat
- Examination of the sinuses
- Examination of the stomach
- Blood examination
- Gastroscopy
- Dental treatment
- Other: \_\_\_\_\_

Have these doctors prescribed or recommended any medication or other compounds?

- No
- Yes

If yes, which ones?

- Antibiotics
- Medication against gastric acid
- Mouthwash
- Lozenges
- Other: \_\_\_\_\_

Has your mouth odor also been treated by an alternative or holistic practitioner? (chiropractor, homeopath, ...)?

- No
- Yes

If yes, which type of treatment?

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Have you ever suffered from the following illnesses or afflictions?

- Sinusitis
- Nose disease
- Stomach problems
- Disease of the lungs or bronchial tubes
- Liver disease
- Dryness of mouth
- Erkrankungen des Gemüts
- Andere: \_\_\_\_\_

Are you following a specific diet?

- No
- Yes

If yes, which one?

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Do you have one of the following problems resulting from your mouth odor?

- I avoid talking to other people
- I feel inhibited when somebody approaches me
- I don't feel like meeting other people
- I can not get into closer contact with other people
- Other people are avoiding me
- Other: \_\_\_\_\_

No, I don't have any of these problems

Where you hurt by other peoples' reactions to your mouth odor?

- No
- Yes

If yes, which kind of reaction did your mouth odor trigger?

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Ar you sure that this reaction was triggered by your mouth odor?

- No
- Yes