

MENOPAUSE SYMPTOMS QUESTIONNAIRE

This widely used questionnaire can help you work out where you may be in your menopause journey. It's worth doing now to see what score you get, and then again in the future to see how your symptoms and scores have changed, with or without treatment. There are lots of symptoms you might get with menopause, so we've grouped them into categories: (i) Psychological, (ii) Physical, (iii) Flushes and Sweats and (iv) Bladder and Genital.

A score over 12 suggests you're likely to be menopausal, but lower scores *could* indicate this too. Bear in mind that not all of the symptoms listed are necessarily due to oestrogen deficiency and could be unrelated to menopause.

You may have only 1 or 2 symptoms or many more.

What menopause symptoms do you have? (Put a tick in the box that shows how bothered you are by any of these):

Symptoms	Not at all = 0	A little = 1	Quite a bit = 2	Extremely = 3	Comments
PSYCHOLOGICAL SYMPTOMS					
Heart beating quickly or strongly					
Feeling tense or nervous					
Difficulty in sleeping					
Memory problems					
Attacks of anxiety or panic					
Difficulty in concentrating					
Feeling tired or lacking energy					
Loss of interest in most things					
Feeling unhappy or depressed					
Crying spells					
Irritability					

PHYSICAL SYMPTOMS					
Feeling dizzy or faint					
Pressure or tightness in the head					
Ringing in ears (tinnitus)					
Headaches					
Muscle or joint pains					
Pins and needles in the body					
Breathing difficulties					
FLUSHES AND SWEATS (VASOMOTOR) SYMPTOMS					
Hot flushes					
Sweating at night					
BLADDER AND GENITAL (UROGENITAL) SYMPTOMS					
Loss of interest in sex/ loss of sex drive					
Vaginal dryness (including itching or pain during sex)					
Urinary symptoms (like incontinence or recurrent cystitis)					
TOTAL					

Greene, J, A factor analytic study of climacteric symptoms Journal of Psychosomatic Research (1976), 20, 425—430.