

Perimenopause & Menopause Symptom Questionnaire

Adapted from
the Green
Climacteric Scale



The scale provides a brief measure of menopause symptoms. It is used to assess your current situation and evaluate any changes after treatment.

Please indicate if you have any of the following symptoms and their severity by ticking the boxes below

| Symptoms | | Not at all | A little bit | Quite a bit | Extremely | How long have you had these symptoms and further comments |
|-----------------|------------------------------------|------------|--------------|-------------|-----------|---|
| Score Allocated | | 0 | 0 | 0 | 3 | |
| 1 | Heart beating quickly or strongly | | | | | |
| 2 | Feeling tense or nervous | | | | | |
| 3 | Difficulty in sleeping | | | | | |
| 4 | Excitable | | | | | |
| 5 | Attacks of anxiety, panic | | | | | |
| 6 | Difficulty in concentrating | | | | | |
| 7 | Feeling tired or lacking in energy | | | | | |
| 8 | Loss of interest in most things | | | | | |
| 9 | Feeling unhappy or depressed | | | | | |
| 10 | Crying spells | | | | | |
| 11 | Irritability | | | | | |
| 12 | Feeling dizzy or faint | | | | | |
| 13 | Pressure or tightness in the head | | | | | |
| 14 | Parts of the body feel numb | | | | | |
| 15 | Headaches | | | | | |
| 16 | Muscle and joint aches / pains | | | | | |
| 17 | Loss of feeling in hands or feet | | | | | |
| 18 | Breathing difficulties | | | | | |
| 19 | Hot flushes | | | | | |
| 20 | Sweating at night | | | | | |
| 21 | Loss of interest in sex/ libido | | | | | |
| 22 | Migraines | | | | | |
| 23 | Irregular period | | | | | |
| 24 | Heavy periods | | | | | |
| 25 | Irregular bleeding (non-period) | | | | | |
| 26 | Hair Loss | | | | | |
| 27 | Drier skin | | | | | |
| 28 | Vaginal dryness | | | | | |
| 29 | Vaginal discomfort/soreness | | | | | |
| 30 | Increased frequency in urination | | | | | |
| 31 | Urinary tract infections | | | | | |
| 32 | Short term memory problems | | | | | |
| 33 | Weight gain | | | | | |
| 34 | Acne/ facial spots | | | | | |
| 35 | Facial flushing/ Rosacea | | | | | |
| Scores | | | | | | Total Score |