



MENOPAUSE

SYMPTOMS QUESTIONNAIRE

**COMPLETE THE FORM AND
TAKE IT WITH YOU TO YOUR DOCTOR
TO DISCUSS YOUR MENOPAUSE SYMPTOM SCORE
AND TREATMENT OPTIONS**

CLICK THE ARROW TO ACCESS THE QUESTIONNAIRE



OPTIONS FOR COMPLETING THE QUESTIONNAIRE



**PRINT
THE FORM
AND COMPLETE IT
MANUALLY**



**EMAIL IT
TO YOURSELF
AND COMPLETE IT
DIGITALLY
ON A DESKTOP
OR LAPTOP
COMPUTER**



**OPEN IT
USING ADOBE ACROBAT
AND COMPLETE IT ON
YOUR MOBILE DEVICE**

**ACROBAT READER CAN BE
DOWNLOADED FOR FREE FROM
ADOBE PRODUCTS AT:
<https://get.adobe.com/uk/reader/>**

Here for her health



ORGANON



MENOPAUSE

SYMPTOMS QUESTIONNAIRE

WHAT ARE YOUR SYMPTOMS?

Click the appropriate box to indicate the extent to which you are bothered by these symptoms

SYMPTOMS

Irregular periods (period intervals are shorter or longer)

Hot flushes

Sweating, especially at night

Sleep problems

Palpitations (heart beats faster)

Tiredness (unable to perform normal daily activities)

Joint and muscle pains

Pressure or tightness in the head

Headaches

Breathing difficulties

Moodiness/feeling down

Anxiety

Fogginess (unable to think clearly)

Feeling tense or nervous

Loss of interest in most things

Crying spells

Irritability

Dry skin

Vaginal dryness or irritation

Loss of interest in sex

NOT
AT ALL

JUST
A LITTLE

QUITE
A BIT

IT'S
EXTREME

0

1

2

3



**TOTAL
SCORE**

TOTAL OF
ALL THE
COLUMNS
ADDED
TOGETHER

SCORE

x 0

x 1

x 2

x 3

= 0

=

=

=

REFERENCES: 1. Aware Women's Health. Menopause symptom score sheet. Available at: <https://static1.squarespace.com/static/577efbd4e4fcb52cb14f29a8/t/591e5323beafbe502000256/1495159590062/Menopause+Symptom+Score+Sheet.pdf>. Accessed: September 2021. 2. Rahman S, Zainudin S, Mun V. Assessment of menopausal symptoms using modified Menopause Rating Scale (MRS) among middle age women in Kuching, Sarawak, Malaysia. *Asia Pacific Family Medicine*. 2010;9(5):1-6. 3. Nair PA. Dermatitis associated with menopause. *J Midlife Health*. 2014;5(4):168-175. 4. Dalal PK, Agarwal M. Postmenopausal syndrome. *Indian J Psychiatry*. 2015;57(Suppl 2):S222-S232.