

Menopause symptom score test

This test questionnaire has been adapted from Jones M et al. article discussing menopause symptoms. It can also be used to assist in diagnosing menopause early.

Please write score next to each symptoms you experience using the following grades

Scoring: 0 = Absent; 1 = mild; 2 = moderate; 3 = Severe

Symptom	Score
Hot flushes	
Light headaches	
Headaches	
Depression	
Irritability	
Unloved feelings	
Anxious feelings	
Anxious sleeplessness	
Unusual tiredness	
Backache	
Joint pains	
Muscle pains	
New facial hair	
Unusual dry skin	
Less sex drive	
Less sexual feelings	
Dry vagina	
Dysparunia (painful intercourse)	
TOTAL SCORE:	

Results: Scores over 15 correlate strongly with objective measures of oestrogen deficiency and is suggestive of (peri) menopause. It is advisable to discuss these results with your practitioner.

Reference: Jones MM, Marshall DH, Nordin BEC. Quantitation of menopausal symptomatology and its response to ethinyloestradiol and piperazine oestrone sulphate. Curr Med Res Opin, 1977; 4 (supp 13):12-20.