

# Menopause Symptom Questionnaire

Please use this questionnaire to record any symptoms you may be experiencing for further discussion with your health professional.

Please put the score (0 – 5) that best describes your symptoms in the ‘your score’ column.

	Not at all	Rarely	Less than half the time	About half the time	More than half the time	Always	Your Score
<b>Psychological and Emotional symptoms:</b> Over the past 3 months have you noticed any changes in your mood, being more irritable or anxious, changes to your confidence or memory?	0	1	2	3	4	5	
<b>Vulva/vaginal symptoms:</b> over the last 6 months, have you experienced any irritation, dryness or soreness or discharge in the vulva (outside part of female genitals) or vagina?	0	1	2	3	4	5	
<b>Urinary symptoms:</b> Has there been a change in the way you urinate (pass water) to more frequent or more urgently?	0	1	2	3	4	5	
<b>Symptoms around sex:</b> Has intercourse (having sex) or smear tests been more painful or caused any bleeding?	0	1	2	3	4	5	
<b>Physiological Symptoms:</b> Have you experienced any of the following symptoms in the last 3 months: Palpitations- or your heart racing fast, sweats, flushing, night sweats, unable to sleep, headaches joint pains, tiredness or stomach bloating	0	1	2	3	4	5	
<b>Bleeding or Period symptoms:</b> Have you experienced changes to your bleeding pattern with spotting, irregular, heavy or missed periods	0	1	2	3	4	5	
<b>Insert total menopause symptom score in the box to the right: (0–6 mild, 7–18 moderate, 19–30 severe symptoms)</b>							

These symptom are affecting my:	Never	Rarely	Sometimes	Often	Always	Your Score
Ability to work	0	1	2	3	4	
Relationships	0	1	2	3	4	
Enjoyment of Life	0	1	2	3	4	

What is the most important thing you want to discuss?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please take this questionnaire with you or hand it in to the surgery ahead of your appointment to discuss your symptoms with your general practice team.

*Please note: this questionnaire has been developed to support women identify symptoms and severity of menopause and is not intended to guide treatment choices.*

Copyright Statement © NHS Education for Scotland 2017. You can copy or reproduce the information in this resource for use within NHS Scotland and for non-commercial educational purposes. Use of this document for commercial purposes is permitted only with the written permission of NES.