

Menopause Rating Scale (MRS)

Instructions

Below is a list of symptoms commonly associated with menopause. For each symptom, please tick **one box only** that best describes how much it bothers you **currently**.

Symptom	None	Mild	Moderate	Severe	V Severe
	(0)	(1)	(2)	(3)	(4)
1. Hot flushes, sweating	<input type="checkbox"/>				
2. Heart discomfort (awareness of heartbeat, palpitations or tightness)	<input type="checkbox"/>				
3. Sleep problems (difficulty falling asleep, staying asleep, waking early)	<input type="checkbox"/>				
4. Depressive mood (feeling down, sad, tearful, lacking drive, mood swings)	<input type="checkbox"/>				
5. Irritability (nervousness, inner tension, feeling aggressive)	<input type="checkbox"/>				
6. Anxiety (inner restlessness, panic)	<input type="checkbox"/>				
7. Physical and mental exhaustion (general fatigue, concentration/memory problems)	<input type="checkbox"/>				
8. Sexual problems (change in sexual desire, activity or satisfaction)	<input type="checkbox"/>				
9. Bladder problems (urinary urgency, frequency, incontinence)	<input type="checkbox"/>				
10. Vaginal dryness (dryness, burning or pain during intercourse)	<input type="checkbox"/>				
11. Joint and muscle discomfort (pain in joints or muscles)	<input type="checkbox"/>				

Total Score Symptom Severity

0–4	No or few complaints	9–15	Moderate
5–8	Mild	≥16	Severe

Menopause Clinic Symptom Questionnaire (Greene Climacteric Scale)

Please indicate the extent to which you are bothered at the moment by any of these symptoms by placing a tick in the appropriate box:

Symptoms	Not at all 0	A little 1	Quite a bit 2	Extremely 3	Comments
1. Heart beating quickly or strongly					
2. Feeling tense or nervous					
3. Difficulty 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 head					
14. Parts of body feel numb					
15. Headaches					
16. Muscle and joint 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					
SCORE					