



WHRIA

Women's Health & Research Institute of Australia

Oestrogen deficiency symptom score, using MENQOL

The following symptoms are rated on a numerical scale from 0 to 6 as follows:

0 = Not bothered at all

6 = Extremely bothered

Please mark the box that relates to how much the symptoms bother you:

SYMPTOMS	Not bothered at all						Extremely bothered
	0	1	2	3	4	5	6
Hot flushes or flashes							
Night sweats							
Sweating							
Being dissatisfied with my personal life							
Feeling anxious or nervous							
Accomplishing less than I used to							
Feeling depressed, down or blue							
Being impatient with other people							
Feelings of wanting to be alone							
Flatulence (wind) or gas pains							
Aching in muscles and joints							
Feeling tired or worn out							
Difficulty sleeping							
Aches in the back of neck or head							
Decrease in physical strength							
Decrease in stamina							
Feeling a lack of energy							
Drying skin							
Weight gain							
Increased facial hair							
Changes in appearance, texture or tone of your skin							
Feeling bloated							

Reference:

Blake, J. Menopause: evidence-based practice. Best Practice and Research Clinical Obstetrics and Gynaecology 2006; 20(6): 799-839.