

PART IX (Women Only)

Section A

Circle, if you experience any of these symptoms within 3 days to two weeks prior to menstruation (ovulation):

1. Insomnia	0	1	2	3
2. Abdominal bloating	0	1	2	3
3. Breast tenderness, swelling	0	1	2	3
4. Heart palpitations	0	1	2	3
5. Sweating and flushing	0	1	2	3
6. Depressed, irritable, nervous	0	1	2	3
7. Easy to anger, resentful	0	1	2	3
8. Easily overwhelmed	0	1	2	3
9. Nausea and/or vomiting	0	1	2	3
10. Diarrhea or constipation	0	1	2	3
11. Headache	0	1	2	3
12. Food cravings, binge eating	0	1	2	3
13. Back pain	0	1	2	3
14. Numbness, tingling in hands and feet	0	1	2	3
15. Clumsiness	0	1	2	3
16. Feeling hopeless, sad	0	1	2	3
17. Weight gain - water	N	N	N	Y (3)
18. Breast lumps appear	N	N	N	Y (3)
19. Suicidal	N	N	N	Y (10)

Total Points _____

Section B

1. Vaginal dryness, pain	0	1	2	3
2. Painful intercourse	0	1	2	3
3. Engorged breasts	0	1	2	3
4. Disinterest in sex	0	1	2	3
5. Blurred vision	0	1	2	3
6. Headache	0	1	2	3
7. Acne and/or oily skin	0	1	2	3
8. Aggressive feelings	0	1	2	3
9. Overwhelming urges for sexual intercourse	0	1	2	3
10. Absence of menstrual flow for six or more months	N	N	N	Y (20)
11. Occasionally skip periods	N	N	N	Y (5)
12. Menstruation began after 16 years of age	N	N	N	Y (3)
13. Breasts shrinking	N	N	N	Y (5)
14. Thinning pubic and armpit hair	N	N	N	Y (5)
15. Unable to get pregnant	N	N	N	Y (10)
16. Miscarriage	N	N	N	Y (3)
17. Excess facial hair	N	N	N	Y (5)
18. Poor sense of smell	N	N	N	Y (3)
19. Monthly abdominal pain without bleeding	N	N	N	Y (5)
20. Milk production (not nursing)	N	N	N	Y (10)

Total Points _____

Section C

1. Painful intercourse	0	1	2	3
2. Menstrual type pain between menses	N	N	N	Y (3)
3. Irregular time intervals between periods	N	N	N	Y (5)
4. Extended menses (greater than every 32 days)	N	N	N	Y (10)
5. Shortened menses (less than every 24 days)	N	N	N	Y (5)
6. Vaginal bleeding between periods	N	N	N	Y (10)
7. Vaginal discharge between periods	N	N	N	Y (5)
8. Pain during periods is getting progressively worse	N	N	N	Y (5)

Section C (continued)

Circle, if you experience any of these symptoms during your period:

9. Pain, cramps	0	1	2	3
10. Irritable and depressed	0	1	2	3
11. Constipation and/or diarrhea	0	1	2	3
12. Lower abdominal pain, bloating	0	1	2	3
13. Nausea and/or vomiting	0	1	2	3
14. Lower backache	0	1	2	3
15. Pelvic and/or rectal pressure	0	1	2	3
16. Urinary difficulties	0	1	2	3
17. Frequent urination	N	N	N	Y (5)
18. Unusual fatigue, can't work	N	N	N	Y (5)
19. Scanty blood flow	N	N	N	Y (3)
20. Heavy blood flow	N	N	N	Y (3)

Total Points _____

Section D

1. Clear, gray, or yellow vaginal discharge	0	1	2	3
2. Burning or itching of the external genitalia	0	1	2	3
3. Urgent, painful urination	0	1	2	3
4. Lower abdominal or back pain	0	1	2	3
5. Heavy, watery and bloody vaginal discharge	0	1	2	3
6. Pelvic cramps	0	1	2	3
7. Thin, scant, white vaginal discharge	0	1	2	3
8. Greenish, yellow, or offensive discharge	0	1	2	3
9. Cheesy white discharge	0	1	2	3
10. Breast lumps or swelling with or without pain or tenderness	N	N	N	Y (10)
11. Lumps hurt just before period	N	N	N	Y (5)
12. Swelling under armpit	N	N	N	Y (5)
13. Change in breast size, shape	N	N	N	Y (5)
14. White or slightly bloody vaginal discharge, one week prior to period	N	N	N	Y (10)
15. Heavy menstrual flow	N	N	N	Y (3)
16. Vaginal bleeding after sex or between periods	N	N	N	Y (5)

Total Points _____

Section E

1. Dry skin, hair, vagina	0	1	2	3
2. Disinterest in sex	0	1	2	3
3. Mood swings, irritable	0	1	2	3
4. Depression, anxiety, nervousness	0	1	2	3
5. Craving for sweets, binge eating	0	1	2	3
6. Headaches or dizziness	0	1	2	3
7. Painful intercourse	0	1	2	3
8. Sudden hot flashes	0	1	2	3
9. Spontaneous sweating	0	1	2	3
10. Shortness of breath and/or heart palpitations	0	1	2	3
11. Unpredictable vaginal bleeding	0	1	2	3
12. Difficulty holding urine	0	1	2	3
13. Difficulty sleeping	0	1	2	3
14. Mental foginess	0	1	2	3
15. Vaginal pain and/or itching	0	1	2	3
16. Thin, scant white vaginal discharge	0	1	2	3
17. Low back and/or hip pain	0	1	2	3
18. Breast tenderness, pain or tingling, pricking sensation	0	1	2	3
19. Thinning armpit and pubic hair	N	N	N	Y (5)
20. Stopped menstruating	N	N	N	Y (20)
21. Breasts beginning to shrink, sag	N	N	N	Y (10)
22. Abnormal growth of hair above lip	N	N	N	Y (3)
23. Easy bruising, loss of skin tone	N	N	N	Y (5)
24. Irregular menstrual cycle	N	N	N	Y (3)

Total Points _____