



Symptom Tracker

This is a modified version of the Greene Climacteric Scale. It provides a brief measure of menopause symptoms. Three main areas are measured: 1. Psychological (items 1-11), 2. Physical (items 12-19) & 3. Vasomotor (items 20-21).

Please indicate the extent to which you are currently bothered by these symptoms by placing a tick in the appropriate box. Add up your total score at the end.

Symptom	Not at all 0	A little 1	Quite a bit 2	Extremely 3	
1. Heart beating quickly or strongly					
2. Feeling tense or nervous					
3. Difficulty in 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. Weight gain*					
20. Hot flushes					
21. Sweating at night					
22. Loss of interest in sex					
SCORE					TOTAL