

## QUESTIONNAIRE FOR RATING PMS SYMPTOMS

Please rate each of the following symptoms, representing an average of the five days before menstruation, using the following rating scales:

0 = not present at all

1 = mild: only slightly apparent to you

2 = moderate = aware of symptoms, but doesn't affect daily activity at all

3 = severe: continuously bothered by symptoms

4 = very severe: symptom is overwhelming and/or interferes with daily activity

Fatigue, lack of energy	
Poor coordination	
Feeling out of control, overwhelmed	
Feeling hopeless, worthless, or guilty	
Headache	
Anxiety, tension, "on edge"	
Aches	
Irritability, persistent anger	
Mood swings	
Swelling, bloating, weight gain	
Craving foods, increased appetite, overeating	
Decreased interest in usual activities	
Cramps	
Depression, feeling sad, down, or blue	
Breast tenderness	
Insomnia or hypersomnia	
Difficulty concentrating	