

Symptoms	Not at all	A little	Quite a bit	Extremel	Comment
Feeling tired and lacking					
Loss of interest in most things					
Feeling low in mood					
Crying spells					
More irritable					
Feeling anxious / tense					
Hot flushes Night sweats					
Difficulty sleeping					
Memory problems					
Headaches					
Feeling dizzy or faint					
Urinary symptoms					
Symptoms due to vaginal dryness					
Loss of libido					
Muscle and joint pains					
Pins and needles in any part of the body					
Palpitations, feeling heartbeat					
Skin changes					
SCORE					



**DUBAI PHYSIOTHERAPY  
& FAMILY MEDICINE CLINIC**

**Menopause Symptom Questionnaire**

**Name:**

**Age:**

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