MENSTRUAL SYMPTOM QUESTIONNAIRE

				Ch	art #:	
				Q. ,	u	
Name:		***	Age: I	⊣t.:	Wt.:	
Marital Status: Single History of Taking Contraceptive Your last period started	Pills:	res No If YES	, months ago:	Fo	r how long	months
Your last period was Light	☐ Moder	ate Heavy Num	her of Pregnancies	ruai cycle	Children	days long.
Occupation:		are Directly Ham	bor or regnancies			
•						
•••					4	
	[]	Grading of S	ymptoms			
	1 none	e. -present but does not inte	rfere with activities			
			es with activites but not disa	bling.		
		re disabling (unable to fur		-		
		,				
	Consid	• V••• C••••• t••• t•• t				
- g	Grao	e rour symptoms for L	ast Menstrual Cycle Onl Week Week			
		Symptoms	After Period Before Pe	-		
		Nervous tension		1		
	PMT-A	Mood Swings				
		Irritability				
ec.		Anxiety	Total Total	<u> </u>		
		Weight gain	10(21)			
	РМТ-Н	Swelling of extremities				
		Breast tenderness		25		
		Abdominal bloating	Total Total	L		
		Headache	10.21	لبا		
		Craving for sweets			8	
	PMT-C	Increased appetite				
	9	Heart pounding Fatigue				
		Dizziness or fainting				
			Total Total			
		Depression Forgetfulness				
	PMT-D	Crying				
		Confusion				×
		Insomnia	Total Total			
		TOTAL MSQ SCORE	Total Total			
*				1		
	OTHER	SYMPTOMS	,			
		Oily skin				
	,	Acne				
	ואוסוות	G FIRST TWO DAYS (DE DEDIANS			
	DUNING	Menstrual cramps	OF PERIODS			
		Menstrual backache				

From: Abraham G.E.: Nutritional Factors in the Etiology of the Premenstrual Tension Syndromes. J. Reprod. Med. 28:446-464, 1983

MENSTRUAL SYMPTOM DIARY

AME:				-								/	AG	E:_					H	ΞIG	НТ	:					WE	IG	НТ				
GRAE 0-none 1-slight 2-moderate	DING OF MENSES 3-heavy 4-heavy and clots											1-1 2-1	none mild mod seve	-pr era	ese ite-p	nt b	ut d	loes and	s no	t in	terf eres	ere wit	with	n ac	COA ctivit	ies				ing			
Day of cycle	1	2	3	4	5	6	7	8	a	10	11	12	13	11	15 1	61	71	8/10	200	21	22	22	24	25/2	elo.	70	olor	120	201	100	201	140	-1/
Date Date	+	۲	3	-	3	Ü	-	0	5	10		12	-19	17	191	9	+	0 1	5/20	121	22	23	24	25/2	2012	1/2	0 2	3 31	131	32	33	34 3	55
Menses															1	1	士		\perp					\pm	\perp	\dagger	-	+	+			+	\dashv
PMT-A																																	
Vervous tension					П								7	Т	Т	Т	Т	Т	Т	Т		П	Т	Т	Т	T	Т	T .	Т	F		\neg	7
Mood swings														\top	十	\top	1	T		\vdash			\neg	\top	\top	+	+	\vdash	+	\vdash		十	+
rritability												-	\dashv	\dashv	1	+	\top	\top	T	T			\dashv	\dashv	+	\dagger	1	T	+		-	+	+
Anxiety																			I					士	土		\perp					\perp	1
РМТ-Н																																	100
Veight gain												1		T	T	Τ		Τ	T				Т	Т	Т	T	1	T	Τ			\neg	T
Swelling of extremities									,					1	\top					Π			\top	1	1	T		T	T	T		+	1
Breast tenderness																				П				T	1	1	\top	T	T	Г	\dashv	\top	
Abdominal bloating																							1			1						\perp	
PMT-C	Γ															-1	Т	T	T				- T	Т	-	_		T	T				-1
raving for sweets	H										\dashv	\dashv	-	\dashv	+	+	+	╅	+	\vdash			\dashv	十	+	+	+	+	+	H	\dashv	+	-
ncreased appetite	\vdash											\neg	1	十	\dashv	+	+	+	+	H			+	\dashv	╅	+	+	+-	╁	1	+	+	-
Heart pounding	\vdash			-			-				\neg	\dashv	\dashv	\dashv	+	十	+	+	-		Н		+	+	+	+	╁	+-	+	⊢	\dashv	+	-
atigue	\vdash											-	\dashv	十	+	十	+	+	+	-			-		╁	+	╁	+	+	\vdash	-	+	\dashv
Dizziness or faintness	\vdash			-								-	1	+	\dashv	+	+	+	\vdash	\vdash			\dashv	+	+	+	╁	+	╁	H	-	+	+
PMT-D Depression			1															Т	1							T		1	T -				
Forgetfulness	\vdash		-	-	\vdash	\vdash		-	-		-	-	\dashv	\dashv	+	╁	+	+	+	H	H	-	\dashv	-	+	+	+	+	+	-	-	+	+
Orying Crying	\vdash	-			\dashv	-		-	\vdash	-	-	\dashv	\dashv	\dashv	+	+	+	+	+	-		-	+	+	+	+	+	+	+	-	-	+	-
Confusion	\vdash	-	-	\vdash	\vdash				-		\dashv	\dashv	+	+	+	+	+	+	+	\vdash	\vdash	-	-	+	+	+	+	+	+	-	-	+	4
nsomnia	T							-	\neg			7	7	+	+	\dagger	+	+	+	\vdash			+	+	+	+	+	+	+	\vdash	\dashv	+	-
DYSMENORRHEA-PAIN	4																											حالم					
Cramps																T	T	T	T					T		T	Т	Τ	Τ	Π		\top	
Backache																		Γ							T	T	T	T	T				
General aches/pain														\Box		\mathbb{I}	$oxed{\Box}$							J		T	I						
												\exists		\exists	Ŧ	E	\pm	E	E					\equiv	\pm	I	\blacksquare		E	E	\exists		\exists
Basal weight in lbs.														_	\perp			1										L					
																								\perp				\perp				J	
																		\perp														T	
					. 7	1	1			1	1	- 1	- 1	- 1	-	1	1		1	1	. 7	- T	- 1	-	1		1	1				-	
Basal body temperature															L	L		\perp						_				1					

NOTES:

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THIS PORM MAY BE PHOTOGOPIED AS MEEDED