

This questionnaire asks about Quality of Life and the Menopause.

**Please read each of the following statements and
circle one of the numbers from 1 to 6
to show how often you are like the statement.**

*I am
never
like this*

*I am
always
like this*

SLEEP

- | | | | | | | | |
|---|--|---|---|---|---|---|---|
| 1 | My flushes/night sweats keep me awake at night | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I sleep through the night | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I usually sleep well | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I find I can't get back to sleep if I wake at night | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I take short naps during the day | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | At night I throw off all the bedclothes and then feel cold | 1 | 2 | 3 | 4 | 5 | 6 |

ENERGY

- | | | | | | | | |
|----|--|---|---|---|---|---|---|
| 7 | I find I have the energy to do the things I want | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | I do less than I would like | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | I can keep going all day without any difficulty | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | I am too tired to do everyday tasks | 1 | 2 | 3 | 4 | 5 | 6 |

MEMORY

- | | | | | | | | |
|----|---|---|---|---|---|---|---|
| 11 | I have a problem remembering everyday things | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | I start a conversation and can't remember what I was saying | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | I think my memory is quite good | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | I can concentrate easily | 1 | 2 | 3 | 4 | 5 | 6 |

FEELINGS

- | | | | | | | | |
|----|---|---|---|---|---|---|---|
| 15 | I am depressed about things that didn't bother me before | 1 | 2 | 3 | 4 | 5 | 6 |
| 16 | I feel stable | 1 | 2 | 3 | 4 | 5 | 6 |
| 17 | I get tearful easily | 1 | 2 | 3 | 4 | 5 | 6 |
| 18 | I feel cheerful | 1 | 2 | 3 | 4 | 5 | 6 |
| 19 | I feel isolated | 1 | 2 | 3 | 4 | 5 | 6 |
| 20 | I feel good about my appearance | 1 | 2 | 3 | 4 | 5 | 6 |
| 21 | I find hot flushes embarrassing | 1 | 2 | 3 | 4 | 5 | 6 |
| 22 | I have a general sense of well-being | 1 | 2 | 3 | 4 | 5 | 6 |
| 23 | I feel inadequate in comparison to other people of my age | 1 | 2 | 3 | 4 | 5 | 6 |
| 24 | I feel confident | 1 | 2 | 3 | 4 | 5 | 6 |
| 25 | I suffer from unpredictable mood swings | 1 | 2 | 3 | 4 | 5 | 6 |

*I am
never
like this*

*I am
always
like this*

LOVELIFE Do you have a sex partner at present?

YES NO

26	I am too tired for sex	1	2	3	4	5	6
27	I am more interested in sex	1	2	3	4	5	6
28	I find intercourse uncomfortable because of dryness	1	2	3	4	5	6
29	I enjoy sex as much as ever	1	2	3	4	5	6

HOME LIFE/EVERYDAY ACTIVITIES

30	I get very irritable with people at home	1	2	3	4	5	6
31	I lose my temper over small things	1	2	3	4	5	6
32	I scream and shout at people at home	1	2	3	4	5	6
33	I find housework easy	1	2	3	4	5	6
34	Because of my symptoms, I sometimes have to get out of places, e.g. supermarket, bus	1	2	3	4	5	6
35	I have a good appetite	1	2	3	4	5	6

WORK ACTIVITIES (this includes working at Home, voluntary, paid and unpaid work)

36	I am finding it increasingly difficult to do my work	1	2	3	4	5	6
37	I'm afraid to tell anyone at work how I feel	1	2	3	4	5	6
38	My symptoms do not interfere with my work	1	2	3	4	5	6
39	At times I want to lock myself away at work	1	2	3	4	5	6
40	I can work hard if I want to	1	2	3	4	5	6
41	I worry about missing work because of my symptoms	1	2	3	4	5	6
42	I worry that I might snap at friends or at people at work	1	2	3	4	5	6

SOCIAL LIFE & LEISURE ACTIVITIES

43	I enjoy chatting as much as I ever did	1	2	3	4	5	6
44	I am more reclusive than I would like	1	2	3	4	5	6
45	Because of my symptoms, I miss out on leisure activities	1	2	3	4	5	6
46	Things I used to enjoy have become a bit of a chore	1	2	3	4	5	6
47	I can concentrate on hobbies for as long as I used to	1	2	3	4	5	6
48	I feel enthusiastic about things	1	2	3	4	5	6