



SARAH PINCKNEY

WOMEN'S HEALTH COACH

Name:

Date:

Greene Climacteric Scale

The Greene Scale provides a brief measure of menopause symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment. Three main areas are measured: 1. Psychological (items 1-11). 2. Physical (items 12-18). 3. Vasomotor (items 19, 20). Please indicate the extent to which you are bothered at the moment by any of these symptoms by placing a tick in the appropriate box:

Symptoms	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 or 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 the head					
14. Parts of the body feel numb					
15. Headaches					
16. Muscle and joint pains					
17. Loss of feeling in hands or feet					
18. Breathing difficulties					
19. Hot flushes					
20. Sweating at night					
21. Loss of interest in sex					
Score					TOTAL

Greene, J, A factor analytic study of climacteric symptoms Journal of Psychosomatic Research (1976), 20, 425—430

Other Symptoms. Add any others you may have.	Not at all 0	A little 1	Quite a bit 2	Extremely 3	
1. Weight gain					
2. Ringing ears					
3. Brain fog					
4. Dry skin					
5. Itchy skin					
6. Hair thinning					
7. Vaginal atrophy					
8. Urine urgency					
9. Urine frequency					
10. Dry mouth					
11. Dry nose					
12. Erratic periods					
13.					
14.					
15.					
16.					
17.					
18.					
Score					TOTAL