

Greene Climacteric Scale (21 items)

Greene JG. Constructing a standard climacteric scale. *Maturitas*. 1998;29: 25-31.

Psychological scale (11 items)

Anxiety subscale

Heart beating quickly or strongly

Feeling tense or nervous

Difficulty sleeping

Excitable

Attacks of panic

Difficulty concentrating

Depression subscale

Feeling tired or lacking energy

Loss of interest in most things

Feeling unhappy or distressed

Crying spells

Irritability

Somatic scale (7 items)

Feeling dizzy or faint

Pressure or tightness in head or body

Parts of body feel numb or tingling

Headaches

Muscle and joint pains

Loss of feeling in hands or feet

Breathing difficulties

Vasomotor scale (2 items)

Hot flashes

Sweating at night

Sexual interest scale (1 item)

Loss of interest in sexual activities

Attitude towards menopause questionnaire – self constructed

Participants rated each statement on a scale from 1 (totally disagree) to 7 (totally agree)

1. The perimenopause is an unpleasant period for many women, which is justly dreaded
2. A lot of women feel better after menopause than before
3. Women should expect to have a lot of physical and psychological complaints during the perimenopause
4. A lot of complaints during perimenopause are caused by circumstances such as stress and overburdening
5. After menopause sex is less pleasurable than before
6. A big advantage of menopause is that menstruation stops
7. Menopause makes women physically less attractive
8. After menopause women feel freer to do things for themselves
9. After menopause women are less energetic and vital than before
10. Perimenopausal complaints in media are often described more negatively than they are for a lot of women
11. Women with perimenopausal complaints should go to a doctor or menopause consultant
12. A woman's body changes during perimenopause, otherwise she does not change much