

	Perimenopause, mean + SD
Psychological scale (11)	9.20 ± 5.42
Anxiety subscale (6)	4.92 ± 3.09
Heart beating quickly or strongly	0.57 ± 0.68
Feeling tense or nervous	1.03 ± 0.77
Difficulty sleeping	1.25 ± 0.92
Excitable	0.65 ± 0.69
Attacks of panic	0.38 ± 0.63
Difficulty concentrating	1.04 ± 0.82
Depression subscale (5)	4.28 ± 2.77
Feeling tired or lacking energy	1.41 ± 0.83
Loss of interest in most things	0.73 ± 0.73
Feeling unhappy or distressed	0.75 ± 0.76
Crying spells	0.40 ± 0.61
Irritability	0.99 ± 0.73
Somatic scale (7)	4.87 ± 3.29
Feeling dizzy or faint	0.46 ± 0.65
Pressure or tightness in head or body	0.97 ± 0.84
Parts of body feeling numb or tingling	0.52 ± 0.74
Headaches	0.95 ± 0.78
Muscle and joint pains	1.29 ± 0.95
Loss of feeling in hands or feet	0.41 ± 0.70
Breathing difficulties	0.27 ± 0.54
Vasomotor scale (2)	1.77 ± 1.65
Hot flashes	0.86 ± 0.90
Sweating at night	0.91 ± 0.90
Sexual interest scale (1)	1.12 ± 0.97
Loss of interest in sexual activities	1.12 ± 0.97