

Patient: \_\_\_\_\_ Date (mm/dd/yy): \_\_\_\_\_

**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:

<b>SYMPTOMS</b>	<b>Not at all (0)</b>	<b>A Little (1)</b>	<b>Quite a bit (2)</b>	<b>Extremely (3)</b>
1. Heart beating quickly or strongly				
2. Feeling tense or nervous				
3. Difficulty in sleeping				
4. Excitable				
5. Attacks of anxiety, 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 head				
14. Parts of body feel numb				
15. Headaches				
16. Muscle and joint pains				
17. Loss of feeling in hands or feet				
18. Breathing difficulties				

Menopause Management: W: <https://themenopausemanagement.co.uk> T: 07941 265902  
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Greene, J, A factor analytic study of climacteric symptoms Journal of Psychosomatic Research (1976), 20, 425—430

19. Hot flushes					
20. Sweating at night					
21. Loss of interest in sex					
<b>SCORE:</b>					

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