

PMS Profile Questionnaire

Complete this questionnaire by reflecting back over your last pre-menstrual phase and score your symptoms accordingly using the scale below. Your PMS Profile is the profile that has your highest score.

Scoring your symptoms

- 0 = symptoms does not exist for you
- 1 = mild symptom
- 2 = moderate symptom
- 3 = sever symptom that interferes with your daily activities
- 4 = severe symptom which you are unable to cope with and prevents you from living your life normally

PMS – A

- anxiety
- Irritability
- mood swings
- nervous tension
- feeling 'on edge'

Total

PMS – C

- energy dips and fatigue
- headaches
- increased appetite
- palpitations
- sugar and food cravings

Total

PMS – H

- breast tenderness
- puffy face, feet or hands
- swollen abdomen
- water retention
- weight gain

Total

PMS – D

- clumsiness or poor co-ordination
- confusion or forgetfulness
- crying spells
- low mood or depression
- insomnia

Total

Adapted from Dr Guy Abraham's Menstrual Symptom Questionnaire first published in 1983 in the *Journal of Reproductive Medicine*.