

# THE GREENE CLIMACTERIC SCALE

Name: ..... Date: .....

Number: .....

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	A LITTLE	QUITE A BIT	EXTREMELY	SCORE 0-3
1.Heart beating quickly or strongly					
2.Feeling tense or nervous					
3.Difficulty in sleeping					
4.Excitable					
5.Attacks of 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 or body					
14.Parts of body feel numb or tingling					
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					

P (1-11) =		A (1-6) =	
S (12-18) =		D (7-11) =	
V (19-20) =		S (21) =	

# UNDERSTANDING YOUR SCORING

How does the scoring system work?

The GCS asks about your menopausal symptoms and allocates points for different symptoms.

The symptoms fall into four categories:

SCALE	SCALE OF SYMPTOM
Psychological	1-11
Somatic (physical)	12-18
Vasomotor	19-20
Sex Drive	21

The psychological scale can be further subdivided to give measures of :

- Anxiety — sum items 1 to 6
- Depression — sum items 7 to 11
- Symptom 21 is a probe for sexual dysfunction (5).

Studies have shown that women who score over 12 on the GCS are more likely to be menopausal. However, there is a wide range and it's possible to score lower than this and still be menopausal. You will see that many symptoms are not only linked to the menopause so, equally, but it is also possible to score more than 1 and not be in the menopause transition. The score doesn't indicate whether you need treatment or not either. You could have a low score because you are only experiencing night sweats, for example. If those night sweats are meaning that you don't sleep and your ability to function the next day is affected, you should talk to your doctor about treatment.

So while there are limitations, it's a good tool to use to understand the symptoms you are experiencing at a point in time.

21.Loss of interest in sex

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S (12-18) =		D (7-11) =	
V (19-20) =		S (21) =	