

## Shortened Premenstrual Assessment Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

For each of the symptoms below, circle the number that most closely describes the intensity of your premenstrual symptoms during your last cycle. These are symptoms that would occur during the premenstrual phase of your cycle. This phase begins about seven days prior to menstrual bleeding (or seven days before your period) and ends about the time bleeding starts. Rate each item on this list on a scale from 1 (not present or no change from usual) to 6 (extreme change, perhaps noticeable even to casual acquaintances).

	1=No change			6= Extreme change		
1. Pain, tenderness, enlargement or swelling of breasts	1	2	3	4	5	6
2. Feeling unable to cope or overwhelmed by ordinary demands	1	2	3	4	5	6
3. Feeling under stress	1	2	3	4	5	6
4. Outburst of irritability or bad temper	1	2	3	4	5	6
5. Feeling sad or blue	1	2	3	4	5	6
6. Backaches, joint and muscle pain, or joint stiffness	1	2	3	4	5	6
7. Weight gain	1	2	3	4	5	6
8. Relatively steady abdominal heaviness, discomfort or pain	1	2	3	4	5	6
9. Edema, swelling, puffiness, or water retention	1	2	3	4	5	6
10. Feeling bloated	1	2	3	4	5	6

Total Score: \_\_\_\_\_