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Menopause Rating Scale (MRS)

Which of the following symptoms apply to you at this time? Please, mark the appropriate box for each symptom. For symptoms that do not apply, please mark 'none'.

Symptoms:

	none	mild	moderate	severe	very severe
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Score =	0	1	2	3	4
1. Hot flushes, sweating (episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Irritability (feeling nervous, inner tension, feeling aggressive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Anxiety (inner restlessness, feeling panicky).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Sexual problems (change in sexual desire, in sexual activity and satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Joint and muscular discomfort (pain in the joints, rheumatoid complaints)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Menopause Rating Scale (MRS): Evaluation Form

Once the MRS questionnaire is completed by the respondent, the following form can be used if an evaluation on paper is intended. However, we recommend a computerized evaluation.

The scoring scheme of the MRS scale is simple: The questionnaire has for each of the 11 items an option to check one of 5 degrees of severity of symptoms (severity 0 [none]...5 [very severe] points at the questionnaire). Put the scoring points of each of the items into the form below.

The composite scores for each of the three dimensions (sub-scales) is based on adding up the scores of the items of the respective dimensions. The composite score (total score) is the sum of the three dimension scores. The three dimensions, i.e. psychological, somato-vegetative, and urogenital subscale, and their corresponding question numbers are detailed in the form.

This form explains how the total sum-score and the sum-scores of the subscales are determined: Add up the severity scoring points from each of items belonging to one of the subscales (indicated by an arrow into a blank field) to get the sum-score for the respective subscale.

The "total score" is the sum of the sum-scores of the three subscales.

Question Number	Score	Psychological Subscale	Somatic Subscale	Urogenital Subscale
1	—		→	
2	—		→	
3	—		→	
4	—	→		
5	—	→		
6	—	→		
7	—	→		
8	—			→
9	—			→
10	—			→
11	—		→	
Sum of scores in subscales		Sum-score PSYCH	Sum-score SOMAT	Sum-score UROGEN
Total sum of scores of all subscales = Total score:				