

## Appendix 1

### The premenstrual symptoms screening tool (PSST)

(please mark an "X" in the appropriate box)

**Do you experience some or any of the following premenstrual symptoms which start before your period and stop within a few days of bleeding?**

Symptom	Not at all	Mild	Moderate	Severe
1. Anger/irritability				
2. Anxiety/tension				
3. Tearful/Increased sensitivity to rejection				
4. Depressed mood/hopelessness				
5. Decreased interest in work activities				
6. Decreased interest in home activities				
7. Decreased interest in social activities				
8. Difficulty concentrating				
9. Fatigue/lack of energy				
10. Overeating/food cravings				
11. Insomnia				
12. Hypersomnia (needing more sleep)				
13. Feeling overwhelmed or out of control				
14. Physical symptoms: breast tenderness, headaches, joint/muscle pain, bloating, weight gain				

**Have your symptoms, as listed above, interfered with:**

	Not at all	Mild	Moderate	Severe
A. Your work efficiency or productivity				
B. Your relationships with coworkers				
C. Your relationships with your family				
D. Your social life activities				
E. Your home responsibilities				

### Scoring

The following criteria must be present for a diagnosis of **PMDD**

- 1) at least one of #1, #2, #3, #4 is **severe**
- 2) in addition at least four of #1 – #14 are **moderate to severe**
- 3) at least one of A, B, C, D, E is **severe**

The following criteria must be present for a diagnosis of **moderate to severe PMS**

- 1) at least one of #1, #2, #3, #4 is **moderate to severe**
- 2) in addition at least four of #1 – #14 are **moderate to severe**
- 3) at least one of A, B, C, D, E is **moderate to severe**