

Pubertal Development Scale (Parent Report)

1 Would you say that your child's growth in height:

- ☐ Has not yet begun to spurt
- ☐ Has barely started
- ☐ Is definitely underway
- ☐ Seems complete
- ☐ I don't know

2 And how about the growth of your child's body hair ("body hair" means hair any place other than their head, such as under their arms)? Would you say that your child's body hair growth:

- ☐ Has not yet begun to grow
- ☐ Has barely started to grow
- ☐ Is definitely underway
- ☐ Seems complete
- ☐ I don't know

3 Have you noticed any changes to their skin, especially pimples?

- ☐ Skin has not yet started changing
- ☐ Skin has barely started changing
- ☐ Skin changes are definitely underway
- ☐ Skin changes seem complete
- ☐ I don't know

4 Have you noticed that your child's breasts have begun to grow?

- ☐ Have not yet started growing
- ☐ Have barely started growing
- ☐ Breast growth is definitely underway
- ☐ Breast growth seems complete
- ☐ I don't know

5 Has your child begun to menstruate?

- ☐ Yes
- ☐ No
- ☐ I don't know

6 How old were they when they started to menstruate?

(If you don't know, please choose "I don't know" in what follows below.)

((In years.))

☐ I don't know

What was the date of the first day of your child's last period?

(If you don't know, please choose "I don't know" in what follows below.)

☐ I don't know

On average, how many days are there between the first day of their period and the first day of their next period?

(If you don't know, please choose "I don't know" in what follows below.)

((E.g., 30 days.))

☐ I don't know

Is your child's menstrual cycle regular?

- ☐ Yes
☐ No
☐ I don't know
-

Is your child currently using hormonal birth control (e.g. the pill, hormone patch, hormone injection)?

- ☐ Yes
☐ No
☐ I don't know
-

Do they experience premenstrual irritability, fatigue, tearfulness, etc., which start before their period and stop within a few days of bleeding?

- ☐ Not at all
☐ Mild
☐ Moderate
☐ Severe
☐ Don't know
-

Do their premenstrual symptoms interfere with their relationships with family and friends, productivity, and/or social life activities?

- ☐ Not at all
☐ Mild
☐ Moderate
☐ Severe
☐ Don't know