



, " " + & ! " # +

Menopause Rating Scale (MRS)

0 B 0: 18 45:01 @ O 2025 3.

1 | 8 9 1 0 ; ; : 3 / 4 4

! B 5 ? 5 = L B O 6 5 A B 8 : Q 3 : 0 O

0 7 1 8 2 : 0 ? > : 0 B 5 3 > @ 8 O < :

0 7 > < > B > @ = K 5 A 8 < ? B > < K
0

@ 8 ; 8 2 K, => G = 0 O ? > B ; 8 2 > A B L

A 8 E > M < > F 8 > = 0 ; L = K 5

0

! > = , = 0 A B @ > 5 = 8 5 , C A B 0 ; > A B L

@ > 3 5 = 8 B 0 ; L = K 5

1

> G 5 2 > 9 ? C 7 K @ L , A C E > A B L

! > < 0 B 8 G 5 A : 8 5

2

! 5 : A C 0 ; L = K 5 ? @ > 1 ; 5 < K , 1 > ; 8

5 @ A > = 0 ; 8 7 8 @ > 2 0 = = K 5 @ 5 : > < 5 = 4 0 F 8 8 :

' 0 H 8 A 8 < ? B > < K 2 K @ 0 6 5 = K A ; 0 1 > . 5 < 5 4 8 : 0 < 5 = B > 7 = K 5 < 5 B > 4 K (8 7 < 5 = 5 = 4 K E 0 B 5 ; L = K 5 B 5 E = 8 : 8) < > 3 C B 1 K B L 4 > A B 0 B > G = K < 8 .

'B> 45;0BL 40;LH5?

1. 0?8H8B5AL =0 ?@8Q< : 38=5:>;>3C, A?5F80;878@CNI5<CAO =0 <5=>?0C75
2. >7L<8B5 MB8 @57C;LB0BK A A>1>9 =0 ?@8Q<
3. 1AC48B5 A 2@0G>< 2>7<>6=>ABL " 8;8 4@C38E <5B>4>2 ;5G5=8O
4. 040209B5 2>?@>AK > ?>;L75, @8A:0E 8 0;LB5@=0B820E

06=>: -B>B >?@>A=8: =5 70<5=O5B :>=AC;LB0F8N 2@0G0.
57C;LB0BK =>AOB 8=D>@<0F8>==K9 E0@0:B5@ 8 =5 O2;ONBAO 4803=>7><.