



The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages
 ...because you deserve the best!

THE GREEN CLIMACTERIC SCALE¹⁴

Symptoms	0	1	2	3	Score 0-3
	Not at all	A little	Quite a bit	Extremely	
1. Heart beating quickly or strongly					
2. Feeling tense or nervous					
3. Difficulty in sleeping					
4. Excitable					
5. Attacks of panic					
6. Difficulty in concentrating					
7. Feeling tired or lacking in energy					
8. Loss of interest in most things					
9. Feeling unhappy or depressed					
10. Crying spells					
11. Irritability					
12. Feeling dizzy or faint					
13. Pressure or tightness in head or body					
14. Parts of body feel numb or tingling					
15. Headaches					
16. Muscle and joint pains					
17. Loss of feeling in hands or feet					
18. Breathing difficulties					
19. Hot flushes					
20. Sweating at night					
21. Loss of interest in sex					

Psychology (1-11) =
Total is 33

Anxiety (1-6) =
Total is 18

Somatic (12-18) =
Total is 21

Depression (7-11) =
Total is 15

Vasomotor (19-20) =
Total is 6

Sex (21) =
Total is 3