

Original English items	Chinese translation	a back-translation into English
The general reference point for each item is the individual's pre-menopausal level or state.	以下各个条目, 与您绝经前状态相比	The following items, compared to your pre-menopausal state
A - Low Energy	A-精力减退	A-Decreased Energy
Over the last 2 weeks have you noticed reduced energy levels?	过去 2 周内, 您是否感到精力下降?	In the past 2 weeks, have you felt less energetic?
Prompt questions: Did you feel more tired after activity than normal?	提示问题: 您是否觉得活动后比平时更疲倦?	Prompt questions: Do you feel more tired than usual after activities?
Did your activity decrease because you were tired?	您是否因为疲倦而减少了活动?	Have you reduced your activities because of tiredness?
Did you feel tired most of the time despite decreasing your activity?	尽管减少了活动, 您是否大部分时间仍感到疲倦?	Even with reduced activity, did you still feel tired most of the time?
Did you continually feel tired so that even small tasks like brushing your hair felt draining?	您是否持续感到疲倦, 以至于像梳头这样的小事也感觉力不从心?	Do you feel persistently tired, to the point where even small tasks like combing your hair feel overwhelming?
0 No change in energy, feel active all day	0 精力无变化, 全天都感觉精力充沛	0 No change in energy levels; feel energetic all day
1 More tired after activity than previously	1 活动后比以前更疲倦	1 Feel more tired after activities than before
2 Decreased activity because of tiredness	2 因疲倦而减少活动	2 Reduce activities due to fatigue
3 Feel tired most of the time despite resting, decreased activity	3 尽管休息, 但大部分时间仍感到疲倦, 活动量减少	3 Feel tired most of the time despite rest; reduced activity levels
4 Continually feeling exhausted, even small tasks such as brushing hair feels draining	4 持续感到精疲力尽, 即使是梳头等小事也觉得力不从心	4 Persistently feel exhausted; even minor tasks like combing hair feel overwhelming
B-Paranoid Thinking	B-偏执思维	B-Paranoid Thinking
Over the last 2 weeks have you experienced paranoid thinking?	过去 2 周内, 您是否出现过过度的怀疑或不必要的担忧?	In the past 2 weeks, have you experienced excessive suspicion or unnecessary worry?
Prompt questions: Have you been feeling guilty?	提示问题: 您是否感到内疚, 比如为了一些小事或并非您的错而感到自责?	Prompt questions: Do you ever feel guilty, such as blaming yourself for minor things or situations that aren't your

Have you been worried that others think badly of you?	是否担心别人对您有负面评价?	Worried that others might judge you negatively?
Have you been suspicious that others think badly of you?	是否怀疑别人对您不好的看法?	Suspected others of holding unfavorable views toward you?
Have you been convinced that others have a low opinion of you or are trying to replace you?	是否认定别人对您的评价很低或试图取代您?	Believed others think poorly of you or are trying to replace you?
0 No paranoid thinking	0 没有过过度的怀疑或不必要的担忧	0 No excessive suspicion or unnecessary worry.
1 Increasing worry that others think badly of you	1 轻微过度的怀疑或不必要的担忧	1 mild excessive suspicion or unnecessary worry
2 Suspicious that people at work or home think badly of you	2 担心或怀疑同事/家人对您有不好的看法	2 worrying or suspecting that colleagues/family members have negative opinions about you
3 Convinced that others have a low opinion of you and are trying to replace you	3 认定别人对您的评价很低并试图取代您	3 Believing others rate you poorly and are attempting to replace you
4 Convinced that others are actively planning to hurt you in many ways	4 认定别人正积极策划多种方式伤害您	4 Believing others are actively plotting multiple ways to harm you
C - Irritability	C-易激惹	C-Irritability
Over the last 2 weeks have you felt more irritable?	过去 2 周内, 您是否感觉更容易烦躁?	In the past two weeks, have you felt more irritable?
Prompt questions: Have you felt more irritable than usual?	提示问题: 您是否感觉比平时更容易烦躁?	Prompt questions: Do you feel more irritable than usual?
Have you snapped at anyone or been short with anyone over small incidents?	您是否因小事对别人发脾气或说话刻薄?	Do you snap at others or speak harshly to them over minor issues?
Have you felt real rage and had major outbursts about minor incidents?	您是否因小事而感到极度愤怒并有过情绪爆发?	Have you felt intense anger or had emotional outbursts over minor issues?
0 No irritability	0 无烦躁情绪	0 No irritability
1 Mild irritability	1 轻度烦躁情绪	1 Mild irritability symptoms
2 Increased irritable response to minor incidents	2 对小事更容易愤怒	2 Becoming more easily angered over minor matters
3 Anger expressed by	3 因小事突然发怒或	3 Sudden outbursts of anger or

‘snapping’, verbal outbursts over minor incidents	言语爆发	verbal explosions over minor issues
4 Rage, major verbal outbursts over minor incidents	4 因小事产生强烈愤怒, 并引发激烈言语爆发	4 Becoming intensely angry over minor issues, leading to a heated verbal outburst
D-Self Esteem	D-自尊	D-Self-Esteem
Over the last 2 weeks has your self-esteem been lowered?	过去 2 周内, 您是否感到自尊心下降?	In the past 2 weeks, have you felt a decrease in your self-esteem?
Prompt questions:Have you felt worse about yourself than usual?	提示问题: 您是否觉得自己比平时更差?	Prompt questions:Have you felt worse about yourself than usual?
Have you felt worthless and made negative comments about yourself?	您是否觉得自己毫无价值, 并对自己发表负面评价?	Do you feel worthless and make negative comments about yourself?
Have you believed that the world would be better off without you?	您是否认为没有自己, 世界会更好?	Do you think the world would be better off without you?
Have you harmed yourself in any way?	您是否以任何方式伤害过自己?	Have you harmed yourself in any way?
Have you experienced suicidal thoughts?	您是否有过自杀的想法?	Have you had thoughts of suicide?
Have you attempted suicide?	您是否尝试过自杀?	Have you attempted suicide?
0 Good self-esteem or no change in self-esteem	0 自尊心良好或无变化	0 Good self-esteem or no change
1 Slight decrease in self-esteem	1 自尊心轻微下降	1 Slight decrease in self-esteem
2 Poor self esteem with no reality base	2 自尊心差, 且与实际情况不符	2 Low self-esteem that does not align with reality
3 Very poor self-esteem in all life-domains	3 在生活各方面自尊心都极差	3 Extremely low self-esteem in all aspects of life
4 No self-worth at all to the point of believing that the world would be better off without you.	4 完全没有自我价值, 甚至认为没有自己, 世界会更好	4 Complete absence of self-worth, even believing the world would be better without you
E-Isolation	E-社交疏离	E-Social Isolation
Over the last 2 weeks have you withdrawn socially?	过去 2 周内, 您是否主动减少社交活动?	Have you voluntarily reduced your social activities in the past two weeks?
Prompt questions:Have you socialised as normal?	提示问题: 您是否像平常一样参与社交活动?	Prompt questions:Have you participated in social activities as usual?

Have you had less of an interest in socialising?	您是否对社交失去兴趣?	Have you lost interest in socializing?
Have you become socially withdrawn?	您是否变得疏于社交?	Have you become less socially engaged?
Have you felt isolated, even when with others?	您是否在人群中仍感孤立?	Do you still feel isolated in crowds?
0 Socialise normally	0 社交活动如常	0 Social activities proceed as usual
1 Decreased socialising	1 社交活动减少	1 Social activities decrease
2 Disinterested in socialising	2 对社交活动失去兴趣	2 Loss of interest in social activities
3 Social and occupational withdrawal	3 回避社交和职业活动	3 Avoidance of social and occupational activities
4 Feeling isolated, 'in a bubble' even when with others	4 即使在人群中仍感到孤立, 仿佛与周围隔绝	4 Feeling isolated, as if cut off from the world around you even when with others
F-Anxiety	F-焦虑	F-Anxiety
Over the last 2 weeks have you experienced heightened levels of anxiety?	过去 2 周内, 您是否出现明显焦虑?	Have you experienced significant anxiety in the past 2 weeks?
Prompt questions: Have you felt especially anxious or nervous when in public?	提示问题: 在公共场合是否感到特别焦虑或紧张?	Prompt questions: Do you feel particularly anxious or tense in public places?
Have you felt highly anxious when completing new tasks?	执行新任务时是否感到高度焦虑?	Do you feel highly anxious when undertaking new tasks?
Have you felt highly anxious when completing tasks that are routine or familiar to you?	执行常规或熟悉的任务时是否感到高度焦虑?	Do you feel highly anxious when performing routine or familiar tasks?
Have you had panic attacks and felt extremely anxious when doing normal everyday things?	是否有过惊恐发作, 在做日常事情时感到极度焦虑?	Have you experienced panic attacks, feeling extremely anxious while doing everyday activities?
0 No new anxiety	0 无新焦虑	0 No new anxiety
1 Increased anxiety when in public	1 在公共场合焦虑加重	1 Increased anxiety in public settings
2 Highly anxious when doing new tasks	2 执行新任务时高度焦虑	2 Highly anxious when undertaking new tasks
3 Heightened anxiety when doing routine and familiar tasks	3 执行常规和熟悉的任务时焦虑加剧	3 Heightened anxiety during routine and familiar tasks

4 Panic attacks, highly anxious when doing ordinary and familiar tasks	4 惊恐发作（突然的极度恐惧或不适），做日常熟悉的任务时高度焦虑	4 Panic attacks (sudden intense fear or discomfort), you experience high anxiety while performing routine, familiar tasks.
G-Somatic Symptoms Over the last 2 weeks have you experienced physical symptoms? Prompt questions: Have you had any physical complaints? (eg. increased physical pain with little exertion, frequent headaches or joint and muscle pain that limited activity)	G-躯体症状 过去 2 周内, 您是否出现身体症状? 提示问题: 您是否出现身体不适? (例如, 轻微活动就会加剧身体疼痛、频繁头痛或关节和肌肉疼痛导致活动受限)?	G-Physical Symptoms Have you experienced any physical symptoms in the past 2 weeks? Prompt questions: Are you experiencing physical discomfort? (For example, does mild activity worsen body pain, do you have frequent headaches, or do joint and muscle pains limit your mobility?)
Have you experienced severe and debilitating aches and pains that prevented you from engaging in activity?	您是否经历过严重且使人衰弱的疼痛, 导致无法参与活动?	Have you experienced severe and debilitating pain that prevents you from participating in activities?
0 No physical symptoms	0 无身体症状	0 No physical symptoms
1 Increased muscle aches, joint pains on exercise	1 运动时肌肉酸痛、关节疼痛加剧	1 Muscle soreness and joint pain worsen during exercise
2 Increased back, leg and joint pains with little exertion	2 轻微活动时背部、腿部和关节疼痛加剧	2 Back, leg, and joint pain intensifies with light activity
3 Frequent headaches, muscle and/or joint pains limiting activity	3 经常头痛、肌肉和/或关节疼痛, 限制活动	3 Frequent headaches, muscle and/or joint pain limiting movement
4 Severe aches and pains requiring pain relief and preventing activity	4 剧烈疼痛, 需要止痛且无法活动	4 Severe pain requiring pain relief and preventing activity
H-Sleep Disturbance Over the last 2 weeks have you experienced sleep disturbance? Prompt questions: How has your sleep been? Has your sleep been broken briefly but you could get back to sleep easily?	H-睡眠障碍 过去 2 周内, 您是否经历过睡眠障碍? 提示问题: 您的睡眠情况如何? 睡眠是否短暂中断, 但很容易重新入睡?	H-Sleep Disturbances Have you experienced any sleep disturbances in the past 2 weeks? Prompt questions: How is your sleep? Is sleep briefly interrupted but easy to fall back asleep?

Has your sleep been broken several times each night and you found it hard to get back to sleep?	是否每晚睡眠被打断好几次, 且很难重新入睡?	Do you wake up several times each night and find it hard to fall back asleep?
Have you been waking up more than 2 or 3 times per night due to hot flushes, sweating?	是否因潮热、出汗每晚醒来超过 2 或 3 次?	Do you wake up more than 2 or 3 times each night due to hot flashes or sweating?
Have you on most nights been sleeping for only 2 hours or less due to sweating, hot flushes and night chills?	是否在大多数晚上因出汗、潮热和夜间发冷而只睡 2 小时或更少?	Do you sleep 2 hours or less most nights because of sweating, hot flashes, and night chills?
0 No sleep problems	0 无睡眠问题	0 No sleep issues
1 Sleep broken by brief waking once or twice a night, but easily fall back to sleep	1 每晚因短暂醒来 1-2 次导致睡眠中断, 但很容易重新入睡	1 Sleep interrupted by waking briefly 1-2 times per night, but easily falls back asleep
2 Sleep broken by waking several times a night, but easily fall back to sleep	2 每晚醒来 ≥ 3 次导致睡眠中断, 但很容易重新入睡	2 Sleep interrupted by waking ≥ 3 times per night, but easily falls back asleep
3 Waking up three or more times per night due to hot flashes and sweating, plus difficulty returning to sleep	3 每晚因潮热和出汗醒来 ≥ 3 次, 且难以重新入睡	3 Wakes ≥ 3 times per night due to hot flashes and sweating, and has difficulty falling back asleep
4 Sleeping two or less hours per night consistently. Sweating, hot flashes, feeling hot then cold, interrupting sleep all night	4 每晚持续睡眠不超过 2 小时。整晚都有出汗、潮热、忽热忽冷的情况, 干扰睡眠	4 Sleep lasts no more than 2 hours per night. Experiences sweating, hot flashes, and alternating hot and cold sensations throughout the night, interfering with sleep
I-Weight	I-体重	I-Weight
Have you gained weight (in comparison to pre-menopause weight)?	您是否出现体重增加? (与绝经前体重相比)	Have you experienced weight gain? (Compared to your pre-menopausal weight) Have you experienced weight gain? (Compared to your pre-menopausal weight)
Prompt questions: Has your weight changed at all?	提示问题: 您的体重有变化吗?	Prompt question: Has your weight changed?
Have you gained a moderate amount of weight despite no change in diet or	尽管饮食或运动没有改变, 体重是否有适度增加?	Despite no changes in diet or exercise, has there been moderate weight gain?

exercise?

Have you continued to gain weight despite engaging in strict dieting or increased exercise?

Have you had a major weight gain of 6kg or more?

0 No change in weight

1 Mild weight gain (1-2kg)

2 Moderate weight gain despite no change in diet or exercise (3-6kg)

3 Continuing weight gain and abdominal fat deposition, despite dietary restriction and increasing exercise

4 Major weight gain (>6kg) with abdominal, breast, hip and thigh fat deposition

J-Sexual Interest

Over the last 2 weeks have you experienced a reduced libido?

Prompt questions:Have you had decreased libido?

Has your libido diminished significantly?

Have you had discomfort with sexual activity in addition to a decreased libido?

Have you lost all interest in sexual activity?

0 No change in libido

1 Mild decrease in libido

2 Diminished libido

3 Decreased libido and discomfort with sexual

尽管严格节食或增加运动, 体重是否仍在持续增加?

体重增加是否达到 6kg 或更多?

0 体重无变化

1 体重轻度增加 (1-2kg)

2 尽管饮食或运动没有改变, 体重适度增加 (3-6kg)

3 尽管限制饮食和增加运动, 体重仍持续增加, 且腹部脂肪增多

4 体重显著增加 (>6kg) 伴有腹部、乳房、臀和大腿脂肪堆积

J-性兴趣

过去 2 周内, 您的性欲是否下降?

提示问题: 您的性欲是否下降?

您的性欲是否显著下降?

除了性欲下降, 性活动时您是否有不适感?

您是否对性活动完全失去兴趣?

0 性欲无变化

1 性欲轻度下降

2 性欲下降

3 性欲下降且性活动时 有不适感

Despite strict dieting or increased exercise, has weight continued to increase?

Has weight gain reached 6kg or more?

0 No change in weight

1 Mild weight gain (1-2 kg)

2 Moderate weight gain (3-6 kg) despite no changes in diet or exercise

3 Persistent weight gain with increased abdominal fat despite dietary restriction and increased exercise

4 Significant weight gain (>6 kg) accompanied by fat accumulation in the abdomen, breasts, buttocks, and thighs

J-Sexual Interest

In the past 2 weeks, has your sex drive decreased?

Prompt questions:Has your sex drive decreased?

Has your sex drive decreased significantly?

Besides decreased sex drive, do you experience discomfort during sexual activity?

Have you completely lost interest in sexual activity?

0 No change in sexual desire

1 Mild decrease in sexual desire

2 Decrease in sexual desire

3 Decrease in sexual desire with discomfort during sexual

activity		activity
4 Loss of interest in all sexual activity	4 对所有性活动失去兴趣	4 Loss of interest in all sexual activity
K-Memory	K-记忆力	K-Memory
Over the last 2 weeks have you noticed any memory-related difficulties?	过去 2 周内,您是否出现过记忆方面的困难?	Have you experienced any memory difficulties in the past two weeks?
Prompt questions:Have you had mild problems remembering simple things like names and numbers?	提示问题:您是否在记住姓名和数字等简单事物时有轻微问题?	Prompt questions:Have you had mild trouble remembering simple things like names and numbers?
Did you need to make lists in order to function at work or at home?	您是否需要列清单才能在工作或家庭中正常生活?	Do you need to make lists to function normally at work or home?
Did memory problems lead to dysfunction or impairment in any way?	记忆问题是否在任何方面导致功能障碍或损害?	Have memory issues caused any functional impairment or damage?
0 No memory problems	0 无记忆方面的困难	0 No memory-related difficulties
1Mild problems remembering names and numbers	1 在记住姓名和数字方面有轻微问题	1 Has mild difficulty remembering names and numbers
2 Need to make lists to function at work and/or home	2 需要列清单才能在工作或/或家庭中正常生活	2 Requires lists to function normally at work and/or home
3Impaired memory leading to dysfunction	3 记忆力受损导致功能障碍	3 Memory impairment causing functional impairment
4 Severe loss of memory leading to inability to function	4 严重的记忆丧失导致无法正常生活	4 Severe memory loss preventing normal functioning
L - Concentration	L - 注意力	L - Concentration
Over the last 2 weeks have you experienced problems concentrating?	过去 2 周内,您是否出现过注意力不集中的问题?	Have you experienced difficulty concentrating in the past two weeks?
Prompt questions:Did you have difficulty reading or holding a conversation?	提示问题:您是否在阅读或进行交流时存在困难?	Prompt questions:Have you had trouble reading or communicating?
How severe were these problems?	这些问题的严重程度如何?	How severe were these issues?
Were you unable to focus on any task for a suitable period of time?	您是否无法在适当的时间内专注于任何事情?	Were you unable to concentrate on anything for an appropriate amount of time?
0 No concentration	0 注意力集中无问题	0 No issues with concentration

difficulties

1 Mild problems with
concentrating on reading

2 Mild problems with
concentrating on reading
and watching TV/Films

3 Marked problems with
concentrating on reading
and watching TV/Films

4 Unable to focus on any
tasks

1 集中注意力阅读时
有轻微问题

2 集中注意力阅读和
看电视/电影时有轻微
问题

3 集中注意力阅读和
看电视/电影时有明显
问题

4 无法专注于任何事
情

1 Minor issues concentrating
while reading

2 Minor issues concentrating
while reading or watching
TV/movies

3 Significant issues
concentrating while reading or
watching TV/movies

4 Unable to focus on anything
