QUESTIONNAIRE

1. College : Class : Roll. No :
2. Caste : Community : Religion :
3. Age : yrs; Puberty age : yrs
4. Height : cm; Weight : _____ kg
5. Hip : cm; Waist : cm
6. Heart beat : /min
   Systole :
   Diastole :
7. Blood group : A / B / AB / O
8. Thyroid problems during the period if any: Yes / No
9. Period/Cycle: regular / irregular
10. Period : ± days
11. Heavy menstrual flow, upto _____ days painful menstruation: Yes / No
12. Short period (scanty discharge): only ___ days
13. Absence of menstruation (amenorrhea) : Yes / No
14. Amenorrhea  (a) primary : No cycle after 16 years
    (b) Secondary : earlier normal no period after
                     _____ months; excessive facial hair : Yes / No
15. Mother’s puberty age : Yrs; Mother’s cycle’s : regular / irregular
16. Sister(s)
    First : puberty age : ___ yrs; period : regular/irregular
    Second : puberty age : ___ yrs; period : regular/irregular
    Third : puberty age : ___ yrs; period : regular/irregular
17. Family status : poor / middle class / upper class
18. Food habit : vegetarian / mixed diet
19. Coffee drinking habit : Yes / No ; Yes means how many cups/day?
20. Place of birth : Village / Semi urban / Urban
21. Routine exercise/Walking/Yoga : Yes / No

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22. Common problems: abdominal, pelvic, back, vaginal, joint and leg pain, varicose vein, nausea, abdominal fullness, fever, foul smelling vaginal discharge, sense of frequent urination.

23. **PMS**: Symptoms occur between 7-10 days menses.
   
a) **mood disturbances**: mood swings, irritability, hostility, depression, anxiety, nervousness, forgetfulness, confusion, unhappiness, feels on the edge of tears, anger & insomnia.

   b) **behavioural problems**: sweet cravings, appetite, crying, impaired concentration, heightened sensitivity to noises.

   c) **Changes in physical function**: weight gain, head ache, migraine, palpitation, fatigue, dizziness, muscle aches, tightness or swelling in throat, legs weakness, bloating, tenderness and swelling of breasts, constipation / diarrhea.

24. **PMDD**: Symptoms occur 5 days before to menstrual cycle.
   
a) **depressive**: marked depression, hopeless feelings, self deprecation, sudden sadness, lack of interest in typical activities, fatigue, appetite changes / food cravings (for salty and sweet foods), sleep disturbances (insomnia/hypersomnia)

   b) **anxiety**: tension, irritability, anger, feelings of being overwhelmed / out of control.

   c) **physical**: swelling and tenderness of breasts, head ache, joint / muscle pain, weight gain, bloating, and swelling of ankles, feet and thighs.

25. Other diseases, if any ________.
LIST OF PUBLICATION(S)