

Perimenopause Survey Protocol

1. What is your age (in years)?
2. What is your race?
 - a. Asian
 - b. Black/African American
 - c. Eastern Indian
 - d. Native American/Indigenous
 - e. White
 - f. Biracial or multiracial
3. What is your ethnicity?
 - a. Hispanic/Latina
 - b. Not Hispanic/Latina
4. Are you a caregiver to a person under age 18?
 - a. Yes
 - b. No
5. Do you care for parents or other family members over age 18?
 - a. Yes
 - b. No
6. Do you have children?
 - a. Yes
 - b. No
7. If yes, what are the ages of your children? Select all that apply.
 - a. Less than 1 year
 - b. Age 2 to 4
 - c. Age 5 to 9
 - d. Age 10 to 14
 - e. Age 14 to 17
 - f. Age 18 or older
8. What is your relationship status?
 - a. Single
 - b. In a committed relationship
 - c. Married
 - d. Separated
 - e. Divorced
 - f. Widowed
9. How many people live with you in your home?
10. Do you own or rent your home?

- a. Own
 - b. Rent
 - c. I live with someone who owns/rents a home
 - d. My housing situation is unstable
11. What is your annual household income?
- a. Less than \$50,000 per year
 - b. \$50,000 to \$74,999 per year
 - c. \$75,000 to \$99,999 per year
 - d. \$100,000 to \$124,999 per year
 - e. \$125,000 to \$149,999 per year
 - f. \$150,000 per year or more
12. Are you employed?
- a. Yes, full time
 - b. Yes, part time
 - c. No, but I am seeking employment
 - d. No, and I am not seeking employment
 - e. I am retired
 - f. I am disabled and unable to work
13. Are you a student?
- a. Yes, I am a full time student
 - b. Yes, I am a part time student
 - c. No
14. What is your highest level of education?
- a. 8th grade or less
 - b. High school, no diploma
 - c. High school diploma or GED
 - d. Some college, no degree
 - e. Associate's degree
 - f. Bachelor's degree
 - g. Master's degree
 - h. Doctorate or professional degree

The next set of questions will ask about the support you receive from others.

15. There is a special person who is around when I am in need.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree

- e. Strongly agree
16. There is a special person with whom I can share my joys and sorrows.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
17. My family really tries to help me.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
18. I get the emotional help and support I need from my family.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
19. I have a special person who is a real source of comfort to me.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
20. My friends really try to help me.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
21. I can count on my friends when things go wrong.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
22. I can talk about my problems with my family.

- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
23. I have friends with whom I can share my joys and sorrows.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
24. There is a special person in my life who cares about my feelings.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
25. My family is willing to help me make decisions.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
26. I can talk about my problems with my friends.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

The next section will ask questions about stress.

27. In the past month, how often have you been upset because of something that happened unexpectedly?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often

28. In the past month, how often have you felt that you were unable to control the important things in your life?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
29. In the past month, how often have you felt nervous and stressed?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
30. In the past month, how often have you felt confident about your ability to handle your personal problems?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
31. In the past month, how often have you felt that things were going your way?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
32. In the past month, how often have you found that you could not cope with all the things you had to do?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
33. In the past month, how often have you been able to control irritations in your life?
- a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often

- e. Very often
- 34. In the past month, how often have you felt that you were on top of things?
 - a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
- 35. In the past month, how often have you been angered because of things that happened that were outside of your control?
 - a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often
- 36. In the past month, how often have you felt difficulties were piling up so high that you could not overcome them?
 - a. Never
 - b. Almost never
 - c. Sometimes
 - d. Fairly often
 - e. Very often

The next set of questions will ask about your satisfaction with your sex life.

- 37. I feel content with my present sex life.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
- 38. I feel something is missing from my present sex life.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
- 39. I feel I don't have enough emotional closeness.
 - a. Strongly disagree
 - b. Disagree

- c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
40. I feel content with the frequency of sexual intimacy.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
41. I don't have any problems or concerns about sex.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
42. Overall I am satisfied with my sex life.
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

The next section will ask questions related to perimenopause symptoms.

43. Have you experienced period absence of at least 12 months?
- a. Yes
 - b. No
44. Have you experienced period absence of 60 days in the past year?
- a. Yes
 - b. No
45. Do you have hot flashes?
- a. Yes
 - b. No
46. Do you experience painful sex or vaginal dryness?
- a. Yes
 - b. No
47. Was your most recent menstrual cycle more than five days late?
- a. Yes
 - b. No

48. Do experience heart palpitations?
- a. Yes
 - b. No
49. Have you gained weight in the past six months?
- a. Yes
 - b. No
50. Do you experience frequent mood swings?
- a. Yes
 - b. No
51. Do you experience brain fog and/or forgetfulness?
- a. Yes
 - b. No
52. Do you have trouble sleeping many nights?
- a. Yes
 - b. No
53. Do you regular experience irritability and/or mood swings?
- a. Yes
 - b. No

The next section will ask questions related to mental health and suicide.

As a note, if you are ever concerned about yourself or a loved one, you can contact the National Suicide and Crisis Lifeline at any time by dialing or texting 988.

54. Over the past two weeks, how often have you been bothered by the following?
- a. Little interest or pleasure in doing things?
 - b. Feeling down, depressed, or hopeless?
 - c. Trouble falling or staying asleep, or sleeping too much?
 - d. Feeling tired or having little energy?
 - e. Poor appetite or overeating?
 - f. Feeling bad about yourself – or that you are a failure or have let yourself or your family down?
 - g. Trouble concentrating on things, such as reading or watching television?
 - h. Moving or speaking so slowly that other people could have noticed? Or so fidgety or restless that you have been moving a lot more than usual?
 - i. Thoughts that you would be better off dead, or thoughts of hurting yourself in some way?
- i. Response options:
 - 1. Not at all

2. Several days
3. More than half the days
4. Nearly every day

55. Over the past two weeks, how often have you been bothered by the following?

- a. Feeling nervous, anxious, or on edge?
- b. Not being able to stop or control worrying?
- c. Worrying too much about different things?
- d. Trouble relaxing?
- e. Being so restless that it's hard to sit still?
- f. Becoming easily annoyed or irritable?
- g. Feeling afraid as if something awful might happen?

i. Response options:

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day

56. During the past 12 months, was there any time when you needed mental health treatment or counseling for yourself but did not get it?

- a. Yes
- b. No

57. These days, the people in my life would be better off if I were gone.

- a. Not at all true for me
- b. Somewhat untrue for me
- c. Somewhat true for me
- d. Very true for me

58. These days, the people in my life would be happier without me.

- a. Not at all true for me
- b. Somewhat untrue for me
- c. Somewhat true for me
- d. Very true for me

59. These days, I think I make things worse for the people in my life.

- a. Not at all true for me
- b. Somewhat untrue for me
- c. Somewhat true for me
- d. Very true for me

60. These days, other people care about me.

- a. Not at all true for me
- b. Somewhat untrue for me

- c. Somewhat true for me
 - d. Very true for me
61. These days, I feel like I belong.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
62. These days, I rarely interact with people who care about me.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
63. These days, I am fortunate to have many caring and supportive friends.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
64. These days, I feel disconnected from other people.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
65. These days, I often feel like an outsider in social gatherings.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
66. These days, I feel that there are people I can turn to in times of need.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
67. These days, I am close to other people.
- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
68. These days, I have at least one satisfying interaction every day.

- a. Not at all true for me
 - b. Somewhat untrue for me
 - c. Somewhat true for me
 - d. Very true for me
69. Picturing my own death is a very scary thing for me.
- a. 0-8 scale (not at all to very strongly)
70. I can tolerate pain much more than I used to.
- a. 0-8 scale (not at all to very strongly)
71. I have learned to overcome fear of pain.
- a. 0-8 scale (not at all to very strongly)
72. I have gone through in my mind what it would be like to die.
- a. 0-8 scale (not at all to very strongly)
73. Even if I wanted to, killing myself is too scary to follow through with it.
- a. 0-8 scale (not at all to very strongly)
74. In the past few weeks, have you wished you were dead?
- a. Yes
 - b. No
75. In the past few weeks, have you felt that you or your family would be better off if you were dead?
- a. Yes
 - b. No
76. Have you ever tried to kill yourself?
- a. Yes
 - b. No
77. Have you ever experienced a suicide loss?
78. In the past 12 months, have you hurt yourself intentionally without the intent to die?
- a. Yes
 - b. No
79. Have you ever received mental health treatment?
- a. Yes
 - b. No
80. Are you currently in treatment for a mental health condition?
- a. Yes
 - b. No
81. In the past year, on how many days did you smoke cigarettes or use other tobacco products?
82. In the past year, on how many days did you have more than a few sips of beer, wine, or any drink containing alcohol?

83. In the past year, on how many days did you use marijuana?