

**WOMEN'S INTERAGENCY HIV STUDY
QUESTION BY QUESTION SPECIFICATIONS
MEN01: MENOPAUSE SYMPTOMS QUESTIONNAIRE**

NOTE: If participant is pregnant, do not complete the *Menopause Symptoms Questionnaire*.

SECTION B. RESTAGE QUESTIONS

The questions in **Section B** were updated to reflect revised criteria obtained via personal correspondences with the primary author of the *Staging of Reproductive Aging Workshop* (STRAW), a workshop aimed at developing a staging system for female reproductive aging. (For reference, see: Harlow SD, et al., for the RESTAGE Collaboration, Recommendations from a multi-study evaluation of proposed criteria for staging reproductive aging. *Climacteric* 2007 Apr;10(2):112-9.)

While participants may find the questions in **Section B** repetitive of those on Form **F23**, the **RESTAGE** questions were developed specifically to collect data on early and late perimenopausal staging criteria. If the participant complains about the similarity between the questions on **F23** and these, you can say, ***“I know these questions are very similar to the ones you answered on F23; however, they provide more detailed information, which will allow the WIHS to better determine at what age women with HIV enter the different stages of menopause.”*** (“*Sé que estas preguntas son muy similares a las que respondió el F23, sin embargo, que proporcionan información más detallada, lo que permitirá la mejor WIHS a determinar a qué edad las mujeres con el VIH entrar en las diferentes etapas de la menopausia.*”)

- B1. HAND PARTICIPANT FOLLOW-UP RESPONSE CARD M1.** Ask the participant to state when she last had a period. If her last period was longer than one year ago, skip to **Question B3**.
- B2.** Indicate if the participant has skipped any periods within the past year when she was not pregnant or breast feeding. If she has not, skip to **Question B3**. Questions B2a and B2b will allow the WIHS to collect data regarding 60-day late perimenopausal criteria.
- a. Ask the participant if she has gone more than two or three months without bleeding at any time in the past year. If she has not, skip to **Question B3**.
 - b. Ask the participant how many times in the past year she has gone more than two or three months without bleeding.
- B3.** Indicate if the participant's period has come either late or early by more than a week within the past two years. If it has not, skip to **Section C**. This question and Question B3a will allow the WIHS to collect data regarding early menopausal criteria. If the participant has not had a period at all within the past two years, circle response code “3,” and skip to **Section C**.
- a. Ask the participant how many times in the past two years her period has been either late or early by more than a week.

SECTION C. SWAN QUESTIONS

The questions in **Section C** are taken from the *Study of Women's Health Across the Nation* (SWAN). SWAN is a National Institutes of Health funded, multisite, longitudinal study of the natural history of midlife women, including the menopausal transition. The overall goal of SWAN is to describe the chronology of the biological and psychosocial characteristics that occur during midlife and the menopausal transition. In addition, SWAN seeks to describe the effect of the transition and its associated characteristics on subsequent health and risk factors for age-related chronic diseases.

All questions in **Section C** refer to the period of time, “*over the past two weeks*” (“*durante las dos últimas semanas*”).

HAND PARTICIPANT FOLLOW-UP RESPONSE CARD M2. The responses on the top half of the card should be used to answer questions, “*Thinking back over the past two weeks, how often have you had...*,” i.e., **Questions C1, C2, C3**, etc. The responses on the bottom half of the card should be used to answer questions, “*How much are you usually bothered by...*,” i.e., **Questions C1b, C2b, C3b, C4a, C5a**, etc. The Response Card was set up in this manner so that the participant would not have to flip back and forth between two cards for each question in **Section C**.

- C1. If participant needs additional information regarding the definition of “hot flashes,” say, “*Hot flashes and hot flushes (also known as night sweats if they happen at night), are typically experienced as a feeling of intense heat with sweating and rapid heartbeat, and usually last from two to thirty minutes for each occurrence. The sensation of heat usually begins in the face or face and chest, although it may appear elsewhere such as the back of the neck, and it can spread throughout the whole body. In addition to being an internal sensation, the surface of the skin, especially on the face, becomes hot to the touch.*”

(“*Bochornos y sofocos (también conocido como sudores nocturnos, por casualidad, si por la noche), son típicamente se experimenta como una sensación de calor intenso con sudoración y palpitaciones, y suelen durar de dos a treinta minutos para cada ocurrencia. La sensación de calor por lo general comienza en la cara o la cara y el pecho, aunque puede aparecer en otro lugar, como la parte posterior del cuello, y se puede propagar en todo el cuerpo. Además de ser un sensación interna, la superficie de la piel, especialmente en la cara, se convierte en caliente al tacto.*”)

In this question the participant should only report hot flashes she experiences in the daytime. *Hot flashes she experiences at night will be reported in Question C3 as night sweats.* If she does not experience any hot flashes or flushes during the daytime, skip to **Question C2**.

- C2. If the participant needs additional information regarding the definition of “cold sweats,” say, “*A cold sweat is when you sweat when your body is cold or when you have chills.*” (“*Un sudor frío es cuando el sudor de su cuerpo cuando está frío o cuando se ha escalofríos.*”)

Cold sweats can occur either during the daytime or the nighttime. If the participant does not experience cold sweats, skip to **Question C3**.

- C3. If the participant needs additional information regarding the definition of “night sweats,” say, “***Night sweats are severe hot flashes occurring at night that drench sleepwear and sheets, and which are not related to an overheated bedroom.***” (“*Sudores nocturnos son graves bochornos que ocurren en la noche que empapar dormir y sábanas, y que no están relacionados con un dormitorio sobrecalentado.*”)
*Sweating during the nighttime alone does not constitute a night sweat. Emphasize that night sweats require drenching sleepwear and sheets. Severe hot flashes that occur during the daytime should be recorded in Question C1. If the participant does not experience any night sweats, skip to **Question C4.***
- C4. Indicate if the participant has felt stiffness or soreness in her joints, neck or shoulders over the past two weeks. If she has not, skip to **Question C5.**
- C5. Indicate if the participant has felt irritability or grouchiness over the past two weeks. If she has not, skip to **Question C6.**
- C6. Indicate if the participant has felt tense or nervous over the past two weeks. If she has not, skip to **Section D.**

SECTION D. SWAN QUESTIONS CONTINUED

HAND PARTICIPANT FOLLOW-UP RESPONSE CARD M3. The responses on the top half of the card should be used to answer **Questions D1a** through **D1m**. The responses on the bottom half of the card should be used to answer **Questions D2a** through **D2c**.

- D1. For **Questions D1a** through **D1m**, have the participant indicate how often during the past two weeks she has experienced each of the listed symptoms.
- D2. For **Questions D2a** through **D2c**, have the participant indicate how often during the past two weeks she has experienced each of the listed sleep disorders.
- D3. For **Question D3**, have the participant rate her quality of sleep over the past month. *Please ensure that the participant realizes this question asks about sleep habits over the past month, as the two previous questions ask about symptoms over the past two weeks.*
- D4. Indicate the time that administration of the ***Menopausal Symptoms Questionnaire*** ended.