

Menopause Rating Scale (MRS)

Instructions:

Please rate the severity of each symptom you are currently experiencing.

Select one option per line:

0 = None 1 = Mild 2 = Moderate 3 = Severe 4 = Very Severe

1. Somatic / Physical Symptoms

Hot flashes, sweating (episodes of sweating, including night sweats)

0 None 1 Mild 2 Moderate 3 Severe 4 Very Severe

Heart discomfort (unusual awareness of heartbeat, heart skipping, pounding, or racing)

0 1 2 3 4

Sleep problems (difficulty falling asleep, staying asleep, or waking up early)

0 1 2 3 4

Joint and muscular discomfort (pain in joints, stiffness, cramps)

0 1 2 3 4

2. Psychological Symptoms

Depressive mood (feeling down, sad, lack of motivation)

0 1 2 3 4

Irritability (feeling nervous, inner tension, agitation)

0 1 2 3 4

Anxiety (feeling panicky, fear, inner restlessness)

0 1 2 3 4

Physical and mental exhaustion (general decrease in performance, forgetfulness, concentration difficulties, tiredness)

0 1 2 3 4

3. Urogenital / Sexual Symptoms

Sexual problems (change in sexual desire, activity, satisfaction)

0 1 2 3 4

Bladder problems (difficulty urinating, increased frequency, incontinence)

0 1 2 3 4

Vaginal dryness (sensation of dryness or burning, discomfort during intercourse)

0 1 2 3 4

Scoring Overview

The MRS has 11 items, each rated 0–4

- 0 = None
- 1 = Mild
- 2 = Moderate
- 3 = Severe
- 4 = Very Severe

Total possible score: 0–44

You can calculate both a total score (for overall symptom burden) and domain sub-scores (for targeted insights).

Domain Breakdown

Domain	Items	Score Range	Common Clinical Focus
Somatic	1–4 (Hot flashes, heart discomfort, sleep problems, joint/muscle pain)	0–16	Vasomotor + physical symptoms
Psychological	5–8 (Depressed mood, irritability, anxiety, fatigue/cognitive symptoms)	0–16	Mood, cognition, energy
Urogenital	9–11 (Sexual problems, bladder symptoms, vaginal dryness)	0–12	Genitourinary & sexual function

CLINICAL USE ONLY

Interpreting Total Scores

Total MRS Score	Severity	Clinical Interpretation
0–4	No or minimal symptoms	May not need HRT or only mild lifestyle support
5–8	Mild	Mild menopausal symptoms — consider lifestyle, adaptogens, or low-dose hormonal optimization
9–15	Moderate	Clinically significant symptoms — likely candidate for HRT or dose adjustment
≥16	Severe	Severe menopausal distress — comprehensive evaluation, hormonal optimization, and symptom-targeted therapy warranted

Using MRS for Tracking Progress

At Baseline (Initial Visit):

- Use the total and domain scores to establish your patient’s symptom burden and primary areas of concern.
- Note whether symptoms cluster (e.g., primarily urogenital vs vasomotor).

At Follow-Up (3–6 months):

- A ≥5–point reduction in total score or a ≥30% improvement is considered clinically meaningful improvement in most studies.
- Track domain-specific changes to refine therapy:
 - Persistent vasomotor symptoms → adjust estrogen dose or delivery route
 - Persistent psychological symptoms → assess thyroid, cortisol, or add adjunctive support (DHEA, adaptogens, etc.)
 - Persistent urogenital symptoms → consider vaginal estrogen/testosterone or DHEA