

Supplementary Table 1

Table 1. The premenstrual symptoms screening tool

Do you experience some or any of the following premenstrual symptoms which start before your period and stop within a few days of bleeding?

Symptoms	Not at all	Mild	Moderate	Severe
1. Anger/irritability				
2. Anxiety/tension				
3. Tearful/Increased sensitivity to rejection				
4. Decreased mood/hopelessness				
5. Decreased interest in work activities				
6. Decreased interest in home activities				
7. Decreased interest in social activities				
8. Difficulty concentrating				
9. Fatigue/lack of energy				
10. Overeating/food cravings				
11. Insomnia				
12. Hypersomnia(needing more sleep)				
13. Feeling overwhelmed or out of control				
14. Physical symptoms: breast tenderness, headaches, joint/muscle pain, bloating, weight gain				

Have your symptoms, as listed above, interfered with:

	Not at all	Mild	Moderate	Severe
A. Your work efficiency or productivity				
B. Your relationships with coworkers				
C. Your relationships with your family				
D. Your home responsibilities				

Scoring

The following criteria must be presented for a diagnosis of PMDD

- 1) at least one of #1, #2, #3, #4 is severe
- 2) in addition at least four of #1-#14 area moderate to severe
- 3) at least one of A, B, C, D, E is severe

The following criteria must be presented for a diagnosis of moderate-to-severe PMS

- 1) at least one of #1, #2, #3, #4 is moderate to severe
- 2) in addition at least four of #1-#14 area moderate to severe
- 3) at least one of A, B, C, D, E is moderate to severe

PMDD: premenstrual dysphoric disorder, PMS: premenstrual syndrome.