

Obstetrics & Gynecology Science

Hyun-Hee Cho, et al. Endometriosis self-assessment tool

Supplementary Table 1. Endometriosis self-assessment tool

Item	Never	Rarely	Often	Always
Premenstrual symptoms				
1. I have constipation or diarrhea before my period.	①	②	③	④
2. I am sensitive and feel irritable before my period.	①	②	③	④
3. I have bleeding or pain during the ovulation period.	①	②	③	④
Menstrual symptoms				
4. I have difficulties in daily living (in work or school) due to severe menstrual pain.	①	②	③	④
5. I have experienced fainting or visited an emergency room due to severe menstrual pain	①	②	③	④
6. I have sharp or needle-like pain in the lower abdomen during my period.	①	②	③	④
7. I feel tense or pain in the perineum as if something was falling out during my period.	①	②	③	④
8. I have severe backaches during my period.	①	②	③	④
9. I experience cold on hands/feet or chilling during my period.	①	②	③	④
10. I have abdominal gas or bloating during my period.	①	②	③	④
11. I have pain as if my bowels were twisted during my period, and this pain worsened by diarrhea or constipation.	①	②	③	④
12. I feel bladder pressure or pain on voiding during my period	①	②	③	④
13. I have large blood clumps during my period.	①	②	③	④
14. I have thick bleeding during my period.	①	②	③	④
15. I experience sudden menstrual bleeding heavy enough to wet a sanitary pad completely.	①	②	③	④
Usual symptoms				
16. I have bleeding or a dark discharge for a few days after my period	①	②	③	④
17. I often have stomatitis or cystitis between my periods.	①	②	③	④
19. I always worry about my period, so I feel that I am ruled by my period.	①	②	③	④
20. I am sensitive to changes in my body during my menstrual cycle.	①	②	③	④
21. I feel powerless, helpless, and tired all the time.	①	②	③	④