

# Endometriosis symptom checklist

Below is a list of symptoms reported by women who were diagnosed with endometriosis. Please indicate if you experienced the following symptoms in the last 4 weeks:

		Yes	No
1.	I experienced pain during sexual intercourse	0	1
2.	I experienced pain after sexual intercourse	0	1
3.	I had clots in my period	0	1
4.	I had irregular periods / menstrual cycles	0	1
5.	I experienced heavy bleeding when I had my period	0	1
6.	My period lasted longer than a week	0	1
7.	I had some bleeding even when it was not my period	0	1
8.	I experience pain all the time	0	1
9.	I only experienced pain when I had my period	0	1
10.	I experienced pain a week prior to having my period	0	1
11.	I experienced pain two weeks prior to having my period	0	1
12.	I had pain in my abdomen	0	1
13.	I had pain in my ovaries	0	1
14.	I had pain in my uterus	0	1
15.	I had back pain	0	1
16.	I had rectal pain	0	1
17.	I experienced pain shooting down my leg	0	1
18.	I experienced bloating	0	1

19.	I was constipated	0	1
20.	I had diarrhea	0	1
21.	I felt faint	0	1
22.	I felt weak	0	1
23.	I felt ill	0	1
24.	I had a fever	0	1
25.	I did not feel like eating	0	1
26.	I felt tired	0	1
27.	I felt lethargic	0	1
28.	I did not have energy	0	1
29.	I experienced headaches	0	1
30.	I experienced migraines	0	1
31.	I was nauseous	0	1
32.	I did not like people touching my skin	0	1
33.	I vomited	0	1
34.	I struggled to bend	0	1
35.	I struggled to care for myself	0	1
36.	I struggled to bath myself	0	1
37.	I struggled to dress myself	0	1
38.	I struggled to go to toilet alone	0	1
39.	I struggled to drive	0	1
40.	It was difficult for me to eat	0	1
41.	I struggled to lie down	0	1
42.	I struggled to lift objects	0	1

43.	It was difficult for me to exercise	0	1
44.	I struggled to sit	0	1
45.	I struggled to sleep	0	1
46.	I struggled to stand	0	1
47.	I struggled to walk	0	1

The checklist was developed as a Doctoral thesis and is the property of the University of Stellenbosch. Permission to make the measure available in the public domain has been granted by Innovus on behalf of the university. The measure may be referenced as follows:

Roomaney, R., Kagee, A., & Stellenbosch University. Faculty of Arts Social Sciences. Dept. of Psychology. (2017). The construction and validation of a health-related quality of life measure for women with endometriosis. Stellenbosch: Stellenbosch University.

For more information please contact:

Dr Rizwana Roomaney  
 Department of Psychology  
 Private Bag X1  
 Matieland  
 7602  
 South Africa  
 email: rizwanaroomaney@sun.ac.za  
 Office phone: 2721-8083973  
 Office fax: 2721-8083584

