

Male Andropause Questionnaire

| | | None (1) | Mild (2) | Moderate (3) | Severe (4) | Extremely Severe (5) |
|-----------|---|-------------|-------------|-----------------|------------|----------------------------|
| 1 | Decline in feeling of general well-being (general state of health, subjective feeling) | | | | | |
| 2 | Joint pain and muscular ache (lower back pain, joint pain, pain in the limb, general back ache) | | | | | |
| 3 | Excessive sweating (unexpected/sudden episodes of sweating, hot flushes independent of strain) | | | | | |
| 4 | Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early and feeling tired, poor sleep, sleeplessness) | | | | | |
| 5 | Increased need for sleep, often feeling tired | | | | | |
| 6 | Irritability (feeling aggressive, easily upset about little things, moody) | | | | | |
| 7 | Nervousness (inner tension, restlessness, feeling fridgety) | | | | | |
| 8 | Anxiety (feeling panicky) | | | | | |
| 9 | Physical exhaustion/lacking vitality (general decrease in performance, reduced activity, lacking interest in leisure activities, feeling of getting less done, of achieving less; of having to force oneself to undertake activities) | | | | | |
| 10 | Decrease in muscular strength (feeling of weakness) | | | | | |
| 11 | Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings, feeling nothing is of any use) | | | | | |
| 12 | Feeling that you have passed your peak | | | | | |
| 13 | Feeling burnt out, having hit rock-bottom | | | | | |
| 14 | Decrease in beard growth | | | | | |
| 15 | I fall asleep after dinner | | | | | |
| 16 | I notice a decreased enjoyment of life | | | | | |

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| 17 | I feel like I am losing height | | | | | |
| 18 | I notice a decrease in strength and endurance | | | | | |
| 19 | I have decreased sex drive (libido) | | | | | |
| 20 | I notice a decrease in my ability to play sports | | | | | |
| 21 | I am sadder/or more grumpy than usual | | | | | |
| 22 | I notice a lack of energy | | | | | |
| 23 | Decrease in ability/frequency to perform sexually | | | | | |
| 24 | Decrease in the number of morning erections | | | | | |
| 25 | Decrease in sexual desire/libido (lacking pleasure in sex, lacking desire for sexual intercourse) | | | | | |

Print Name

Signature