

IES-R TEST
Supplementary

Table S1. relationship between the menstrual cycle and the impact of the pandemic as a traumatic event. A,B: relationship with the altered duration of the menstrual cycle; C: Amenorrhea; D: Change Weight; E: Premenstrual syndrome

A				
IN THE LAST YEAR ALTERATION OF MENSTRUAL CYCLE				
PATIENTS n.293 (100%)	No (183 / 62.5%)	Increase of interval (73/24.9%)	Reduction of interval (37/12.6%)	P
1.Any reminder brought back feelings about it				
- none	15 (8.2%)	10 (13.7%)	0	
-not much	47 (25.7%)	14 (19.2%)	12 (32.4%)	
-moderately	69 (37.7%)	15 (15.8 %)	11(29.7%)	
-enough	44 (24%)	25 (30.9%)	12(32.4%)	
-extremely	8 (4.4%)	9(12.3%)	2 (5.4%)	0.012*
2.I had trouble staying asleep				
- none	58 (31.7%)	19 (26%)	5(13.5%)	
-not much	39 (21.3%)	8 (11%)	8 (21.6%)	
-moderately	30 (16.4%)	11 (15.1 %)	9 (24.3%)	
-enough	41 (22.4%)	20 (27.4%)	10(27%)	
-extremely	15 (8.2%)	15(20.5%)	5 (13.5%)	0.047*
3.Other things kept making me think about it.				
- none	25 (13.7%)	5 (6.8%)	2(5.4%)	
-not much	48 (26.2%)	18 (24.7%)	7 (18.9%)	
-moderately	66 (36.1%)	22 (30.1 %)	15 (40.5%)	
-enough	34 (18.6%)	21 (28.8%)	11 (29.7%)	
-extremely	10 (5.5%)	7(9.6%)	2 (5.4%)	0.283
4.I felt irritable and angry				
- none	10(5.5%)	2(2.7%)	1 (2.7%)	
-not much	43(23.5%)	12(16.4%)	3(8.1%)	
-moderately	51 (27.9%)	13(17.8%)	9(24.3%)	
-enough	54 (29.5%)	27(37%)	19(51.4%)	
-extremely	25 (13.7%)	19 (26%)	5 (13.3%)	0.029*
5.I avoided letting myself get upset when I thought about it or was reminded of it.				
- none	17(9.3%)	9(12.3%)	2(5.4%)	
-not much	62(33.9%)	15(20.5%)	15(40.5%)	
-moderately	51(27.9%)	27(37%)	14(37.8%)	
-enough	48(26.2%)	19(26%)	6(16.2%)	
-extremely	5(2.7%)	3(4.1%)	0	0.258
6.I thought about it when I didn't mean to				
- none	20(10.9%)	8(11%)	2(5.4%)	
-not much	52(28.4%)	18(24.7%)	8(21.6%)	
-moderately	62(33.9%)	15(20.5%)	15(40.5%)	
-enough	44(24%)	22(30.1%)	6(16.2%)	
-extremely	5(2.7%)	10(13.7%)	6(16.2%)	0.006*
7.I felt as if it hadn't happened or wasn't real.				
- none	72(39.3%)	26(35.6%)	9(24.3%)	
-not much	39(21.3%)	14(19.2%)	11(29.7%)	
-moderately	31(16.9%)	12(16.4%)	11(29.7%)	
-enough	31(16.9%)	19(26%)	5(13.5%)	
-extremely	10(5.5%)	2(2.7%)	1(2.7%)	0.247
8.I stayed away from reminders of it.				
- none	58(31.7%)	14(19.2%)	8(21.6%)	
-not much	69(37.7%)	25(34.2%)	13(35.1%)	
-moderately	35(19.1%)	22(30.1%)	10(27%)	
-enough	14(7.7%)	8(11%)	5(15.3%)	
-extremely	7(3.8%)	4(5.5%)	1(2.7%)	0.360
9.Pictures about it popped into my mind.				
- none	59 (32.2%)	21 (28.8%)	8(21.6%)	
-not much	57 (31.1%)	12 (16.4%)	17 (45.9%)	
-moderately	46 (25.1 %)	20 (27.4 %)	4(10.8%)	
-enough	16 (8.7%)	14 (19.2%)	5 (13.5%)	
-extremely	5(2.7%)	6(8.2%)	3 (8.1%)	0.006*

10.I was jumpy and easily startled.				
- none	30 (16.4%)	8 (11%)	6 (16.2%)	0.158
-not much	58 (31.7%)	15 (20.5%)	8(21.6%)	
-moderately	36 (19.7 %)	18 (24.7 %)	14(37.8%)	
-enough	41 (22.4%)	21 (28.8%)	6 (16.2.%)	
-extremely	18(9.8%)	11(15.1%)	3 (8.1%)	
11.I tried not to think about it.				
- none	18(9.8%)	4 (5.5%)	2 (5.4%)	0.439
-not much	40 (21.9%)	17 (23.3 %)	11(29.7%)	
-moderately	55 (30.1%)	16 (21.9%)	13(35.1%)	
-enough	53 (29 %)	28(38.4%)	10 (27.1%)	
-extremely	17 (9.3%)	8 (11%)	1 (2.7%)	
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.				
- none	53(29%)	17 (23.3 %)	11(29.7%)	0.167
-not much	54 (29.5%)	10 (13.7%)	8(21.6%)	
-moderately	42 (23%)	24 (32.9%)	11(29.7%)	
-enough	29 (15.8 %)	19(26%)	6(16.2%)	
-extremely	5 (2.7%)	3 (4.1%)	1 (2.7%)	
13.My feelings about it were kind of numb.				
- none	74 (40.4%)	20 (27.4%)	12 (32.4%)	0.391
-not much	40 (21.9%)	20 (27.4%)	10(27%)	
-moderately	39(21.3%)	13 (17.8%)	10(27%)	
-enough	24 (13.1%)	16 (21.9%)	4(10.8%)	
-extremely	6(3.3%)	4 (5.5%)	1(2.7%)	
14.I found myself acting or feeling like I was back at that time.				
- none	66 (36.1%)	23 (31.5%)	7 (18.9%)	0.266
-not much	57 (31.1%)	19 (26%)	14(37.8%)	
-moderately	30 (16.4%)	13 (17.8%)	9(24.3%)	
-enough	24 (13.1%)	17 (23.3%)	5(13.5%)	
-extremely	6 (3.3%)	1(1.4%)	2(5.4%)	
15.I had trouble falling asleep.				
- none	58 (31.7%)	15(20.5%)	4 (10.8%)	0.028*
-not much	41 (22.4%)	10 (13.7%)	5 (13.5%)	
-moderately	20 (10.9%)	11 (15.1%)	8 (21.6%)	
-enough	37 (20.2%)	19 (26%)	11 (29.7%)	
-extremely	27 (14.8%)	18 (24.7%)	9(24.3%)	
16.I had waves of strong feelings about it.				
- none	37 (20.2%)	8 (11%)	5 (13.5%)	0.440
-not much	42 (23.0%)	20 (27.4%)	13 (35.1%)	
-moderately	49 (26.8%)	16 (21.9%)	8 (21.6%)	
-enough	39 (21.3%)	18 (24.7%)	7 (18.9%)	
-extremely	16 (8.7%)	11 (15.1%)	4 (10.8%)	
17.I tried to remove it from my memory.				
- none	84 (45.9%)	23(31.5%)	15 (40.5%)	0.112
-not much	46 (25.1%)	15(20.5%)	12(32.4%)	
-moderately	24 (13.1%)	13(17.8%)	6(16.2%)	
-enough	20 (10.9%)	16(21.9%)	4(10.8%)	
-extremely	9 (4.9%)	6(8.2%)	0	
18.I had trouble concentrating.				
- none	18(9.8%)	4(5.5%)	2(5.4%)	<0.001*
-not much	39(21.3%)	11(15.1%)	11(29.7%)	
-moderately	37(20.2%)	6(8.2%)	7(18.9%)	
-enough	61(33.3%)	27(37%)	2(5.4%)	
-extremely	28(15.3%)	25(34.2%)	15(40.5%)	
19.Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.				
- none	95 (51.9%)	95 (51.9%)	16 (43.2%)	0.036*
-not much	39 (21.3%)	39 (21.3%)	10 (27%)	
-moderately	23 (12.6%)	23 (12.6%)	2 (5.4%)	
-enough	22 (12%)	22 (12%)	6 (16.2%)	
-extremely	4 (2.2%)	4 (2.2%)	3 (8.1%)	
20.I had dreams about it.				
- none	94(51.4%)	32(43.8%)	16(43.2%)	0.219
-not much	41(22.4%)	17(23.3%)	11(29.7%)	
-moderately	25(13.7%)	10(13.7%)	2(5.4%)	
-enough	17(9.3%)	6(8.2%)	6(16.2%)	
-extremely	6(3.3%)	8(11%)	2(5.4%)	

21. I felt watchful and on-guard.	- none	22(12%)	8(11%)	1(2.7%)	0.007*
	-not much	27(14.8%)	8(11%)	2(5.4%)	
	-moderately	41(22.4%)	18(24.7%)	17(45.9%)	
	-enough	70(38.3%)	19(26%)	12(32.4%)	
	-extremely	23(12.6%)	20(27.4%)	5(13.5%)	
22. I tried not to talk about it. them.	- none	71 (38.8%)	19 (26%)	7 (18.9%)	0.017*
	-not much	44 (24%)	11 (15.1%)	15 (40.5%)	
	-moderately	37 (20.2%)	24 (32.9%)	7 (18.9%)	
	-enough	20 (10.9%)	14 (19.2%)	6 (16.2%)	
	-extremely	11 (6%)	5 (6.8%)	2 (5.4%)	

B					
IN THE LAST YEAR HOW OFTEN ALTERATION OF MENSTRUAL CYCLE					
PATIENTS n.293 (100%)		21-35 D (260 / 88.7%)	>35 D (29/9.9%)	<21D (4/1.4%)	P
1.Any reminder brought back feelings about it	- none	17 (65 %)	8 (27.6%)	0	<0.001*
	-not much	68 (26.2 %)	2 (6.9%)	3 (75%)	
	moderately	88 (33.8%)	7 (24.1%)	0	
	-enough	72 (27.7%)	8 (27.6%)	1 (25%)	
	-extremely	15 (5.8%)	4(13.8%)	0	
4.I felt irritable and angry	- none	13(5%)	0	0	0.053
	-not much	49(18.8%)	9(16.4%)	0	
	moderately	68(26.2%)	2(17.8%)	3(75%)	
	-enough	89(34.2%)	10(37%)	1(25%)	
	-extremely	41(15.8%)	8 (26%)	0	
5.I avoided letting myself get upset when I thought about it or was reminded of it.	- none	22(8.5%)	6(20.7%)	0	0.021*
	-not much	85(32.7%)	5(17.2%)	2(50%)	
	moderately	81(31.2%)	10(34.5%)	1(25%)	
	-enough	67(25.8%)	6(20.7%)	0	
	-extremely	5(1.9%)	2(6.9%)	1(25%)	
18.I had trouble concentrating.	- none	22(8.5%)	2(6.9%)	0	<0.001*
	-not much	57(21.9%)	1(3.4%)	3(75%)	
	moderately	48(18.5%)	2(6.9%)	0	
	-enough	79(30.4%)	11(37.9%)	0	
	-extremely	54(20.8%)	13(44.8%)	1(25%)	
19.Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.	- none	132 (50.8%)	14 (48.3%)	1 (25%)	0.003*
	-not much	60 (23.1%)	4 (13.8%)	0	
	moderately	26 (10%)	2 (6.9%)	0	
	-enough	31 (11.9%)	4 (13.8%)	3 (75%)	
	-extremely	11 (4.2%)	5 (17.2%)	0	

C

IN THE LAST YEAR AMENORRHEA?

PATIENTS n.293 (100%)	NO 270 (92.2%)	YES 23 (7.8%)	P
1.Any reminder brought back feelings about it			
- none	20(7.4%)	5(21.7%)	
-not much	73(27%)	0	
-moderately	86(31.9%)	9(39.1%)	
-enough	72(26.7%)	9(39.1%)	
-extremely	19(7%)	0	0.006*
2.I had trouble staying asleep			
- none	80 (29.6%)	2(8.7%)	
-not much	52 (19.3%)	3(13%)	
-moderately	46 (17%)	4(17.4 %)	
-enough	61 (22.6%)	10(43.5%)	
-extremely	31 (11.5%)	4(17.4%)	0.085
3.Other things kept making me think about it.			
- none	31 (11.5%)	1(4.3%)	
-not much	68 (25.2%)	4(17.4 %)	
-moderately	92 (34.1%)	2(8.7%)	
-enough	60 (22.2%)	12(52.2%)	
-extremely	19 (7%)	4(17.4%)	0.408
4.I felt irritable and angry			
- none	12(4.4%)	1 (4.3%)	
-not much	54(20%)	12(16.4%)	
-moderately	71(26.3%)	13(17.8%)	
-enough	88(32.8%)	27(37%)	
-extremely	45 (16.7%)	19 (26%)	0.278
5.I avoided letting myself get upset when I thought about it or was reminded of it.			
- none	26(9.6%)	2(8.7%)	
-not much	86(31.9%)	6(26.1%)	
-moderately	82(30.4%)	10(43.5%)	
-enough	70(25.9%)	13(4.1%)	
-extremely	6(2.2%)	2(8.7%)	0.194
6.I thought about it when I didn't mean to			
- none	28(10.4%)	2(8.7%)	
-not much	73(27%)	5(21.7%)	
-moderately	84(31.1%)	8(34.8%)	
-enough	66(24.4%)	6(26.1%)	
-extremely	19(7%)	2(8.7%)	0.976
7.I felt as if it hadn't happened or wasn't real.			
- none	101(37.4%)	6(26.1%)	
-not much	60(22.2%)	4(17.4%)	
-moderately	50(18.5%)	4(17.4%)	
-enough	47(17.4%)	8(34.8%)	
-extremely	12(4.4%)	1(4.3%)	0.355
8.I stayed away from reminders of it.			
- none	75(27.8%)	5(21.7%)	
-not much	98(36.3%)	9(39.1%)	
-moderately	63(23.3%)	4(17.4%)	
-enough	23(8.5%)	4(17.4%)	
-extremely	11(4.1%)	1(4.3%)	0.650
9.Pictures about it popped into my mind.			
- none	82(30.4%)	6(26.1%)	
-not much	79(29.3%)	7(30.4%)	
-moderately	63(23.3%)	7(30.4 %)	
-enough	32 (11.9%)	3(13%)	
-extremely	14(5.2%)	0	0.772
10.I was jumpy and easily startled.			
- none	42 (15.6%)	2(8.7%)	
-not much	75 (27.8%)	6(26.1%)	
-moderately	62 (23%)	6(26.1%)	
-enough	61(22.6%)	7(30.7%)	
-extremely	30(11.1%)	2(8.7%)	0.835

11. I tried not to think about it.	- none -not much -moderately -enough -extremely	22(8.1%) 60(23%) 79(29.3%) 82 (30.4%) 25(9.3%)	2(8.7%) 6(26.1%) 5 (21.7%) 9(39.1%) 1 (4.3%)	0.806
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.	- none -not much -moderately -enough -extremely	76(28.1%) 68(25.2%) 71(26.3%) 47(26.3%) 8(3%)	5(21.7%) 4(17.4%) 6(26.1%) 7(30.4%) 1 (4.3%)	0.571
13. My feelings about it were kind of numb.	- none -not much -moderately -enough -extremely	101 (37.4%) 65 (24.1%) 59(21.9%) 36(13.3%) 9(3.3%)	5(21.7%) 5(21.7%) 3(13%) 8 (34.8%) 2 (8.7%)	0.034*
14. I found myself acting or feeling like I was back at that time.	- none -not much -moderately -enough -extremely	89 (33%) 88 (32.6%) 44 (16.3%) 40 (14.8%) 9 (3.3%)	7 (30.4%) 2 (8.7%) 8 (34.8%) 6 (26.1%) 0	0.032*
15. I had trouble falling asleep.	- none -not much -moderately -enough -extremely	74 (27.4%) 53 (19.6%) 37 (13.7%) 58 (21.5%) 48 (17.8%)	3(13%) 3(13%) 2 (8.7%) 9 (39.1%) 6 (26.1%)	0.183
16. I had waves of strong feelings about it.	- none -not much -moderately -enough -extremely	45 (16.7%) 73 (27%) 67 (24.8%) 57 (21.1%) 28 (10.4%)	5(21.7%) 2 (8.7%) 6 (26.1%) 7 (30.4%) 3(13%)	0.392
17. I tried to remove it from my memory.	- none -not much -moderately -enough -extremely	116 (43%) 66 (24.4%) 38 (14.1%) 36 (13.3%) 14 (5.2%)	6 (26.1%) 7 (30.4%) 5(21.7%) 4(17.4%) 1 (4.3%)	0.577
18. I had trouble concentrating.	- none -not much -moderately -enough -extremely	21(7.8%) 59(21.9%) 48(17.8%) 81(30%) 61(22.6%)	3(13%) 2 (8.7%) 2 (8.7%) 9 (39.1%) 7 (30.4%)	0.326
19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.	- none -not much -moderately -enough -extremely	136 (50.4%) 59 (21.9%) 28 (10.4%) 33 (12.2%) 14 (5.2%)	11 (47.8%) 5 (21.7%) 0 5 (21.7%) 2 (8.7%)	0.358
20. I had dreams about it.	- none -not much -moderately -enough -extremely	129(47.8%) 67(24.8%) 33(12.2%) 10(27%) 14(5.2%)	13(56.6%) 2 (8.7%) 4(17.4%) 2 (8.7%) 2 (8.7%)	0.458
21. I felt watchful and on-guard.	- none -not much -moderately -enough -extremely	29(10.7%) 35(13%) 71(26.7%) 91(33.7%) 43(15.9%)	2 (8.7%) 2 (8.7%) 4(17.4%) 10 (43.5%) 5 (21.7%)	0.714
22. I tried not to talk about it. them.	- none -not much -moderately -enough -extremely	92 (34.1%) 65 (24.1%) 58 (21.5%) 38 (14.1%) 17 (6.3%)	5 (21.7%) 5(21.7%) 10 (43.5%) 2 (8.7%) 1 (4.3%)	0.198

D

AMENORRHEA

PATIENTS n.293 (100%)	No (132 / 45.1%)	Increase (86/29.4%)	Reduction (75/25.6%)	P
1.Any reminder brought back feelings about it - -none -not much -moderately -enough -extremely	13 (8.2%) 33 (25.7%) 38 (37.7%) 41 (24%) 7 (4.4%)	3 (3.5%) 22 (25.6%) 34 (39.5%) 21 (24.4%) 6(7%)	9 (12%) 18 (24%) 23 (30.7%) 19 (25.3%) 6 (8%)	0.485
2.I had trouble staying asleep - -none -not much -moderately -enough -extremely	46 (34.8%) 24 (18.2%) 22 (16.7%) 27 (20.5%) 13 (9.8%)	20 (23.3%) 18 (20.9%) 16 (18.6%) 16 (18.6%) 16 (18.6%)	16(21.3%) 13 (17.3%) 12 (16%) 28 (37.3%) 6 (8%)	0.036*
3.Other things kept making me think about it. - none -not much -moderately -enough -extremely	14 (10.6%) 33 (25%) 50 (37.9%) 24 (18.2%) 11 (8.3%)	11 (12.8%) 25 (29.1%) 25 (29.1%) 22(25.6%) 3 (3.5%)	7(9.3%) 15 (20%) 28 (37.3%) 20 (26.7%) 5 (6.7%)	0.537
4.I felt irritable and angry - none -not much -moderately -enough -extremely	8(61.1%) 27 (20.5%) 38(28.8%) 32(24.2%) 27 (20.5%)	4(4.7%) 14(16.3%) 20(23.3%) 34(39.5%) 14(16.3%)	1(1.3%) 17(22.7%) 15(20%) 34(45.3%) 8(10.7%)	0.060
5.I avoided letting myself get upset when I thought about it or was reminded of it. - none -not much -moderately -enough -extremely	15(11.4%) 51(38.6%) 37 (28%) 27 (20.5%) 2 (1.5%)	7(8.1%) 20(23.3%) 35(40.7%) 23(26.7%) 1(1.2%)	6(8%) 21(28%) 20(26.7%) 23(30.7%) 5(6.7%)	0.037*
6.I thought about it when I didn't mean t - none -not much -moderately -enough -extremely	9 (6.8%) 33 (25%) 45 (34.1%) 34 (25.8%) 11 (8.3%)	11(12.8%) 27(31.4%) 22(25.6%) 22(25.6%) 4(4.7%)	10(13.3%) 18(24%) 25(33.3%) 16(21.3%) 6(8%)	0.575
7.I felt as if it hadn't happened or wasn't real. - none -not much -moderately -enough -extremely	56(42.4%) 25(18.9%) 22(16.7%) 23 (17.4%) 6 (4.5%)	26 (30.2%) 23 (26.7%) 19 (22%) 14 (16.3%) 4 (4.7%)	25 (33%) 16 (21.3%) 13 (17.3%) 18 (24%) 3 (4%)	0.612
8.I stayed away from reminders of it. - none -not much -moderately -enough -extremely	42 (31.8%) 47 (35.6%) 30 (22.7%) 8 (6.1%) 5 (3.8%)	23 (26.7%) 35 (40.7%) 21 (24.4%) 5 (5.8%) 2 (2.3%)	15 (20%) 25 (33.3%) 16 (21.3%) 14 (18.7%) 5 (6.7%)	0.060
9.Pictures about it popped into my mind. - none -not much -moderately -enough -extremely	41 (31.1%) 35 (26.5%) 36 (27.3%) 12 (9.1%) 8 (6.1%)	26 (30.2%) 23 (26.7%) 21 (24.4%) 12 (14%) 4(4.7%)	21 (28%) 28 (37.3%) 13 (17%) 11 (14.7%) 2 (2.7%)	0.521
10.I was jumpy and easily startled. - none -not much -moderately -enough -extremely	23 (17.4%) 35 (26%) 27 (20.5%) 30 (22%) 17 (12%)	11 (12%) 27 (31.4%) 18 (20.9%) 22 (25.6%) 8 (9.3%)	10 (13%) 19 (25.3%) 23 (30.7%) 16 (12%) 7 (9.3%)	0.738

11. I tried not to think about it.	- none -not much -moderately -enough -extremely	10 (7.6%) 37 (28%) 41 (31.1%) 32 (24.2%) 12 (9.1%)	9 (10.5%) 20 (23.3%) 19 (22.1%) 31 (36%) 7 (8.1%)	5 (6.7%) 11 (14.7%) 24 (32%) 28 (37.3%) 7 (9.3%)	0.262
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.	- none -not much -moderately -enough -extremely	34 (25.8%) 36 (27.3%) 33 (25%) 26 (16.7%) 3 (2.3%)	24 (27.9%) 20 (23.3%) 22 (25.6%) 15 (17.4%) 5 (5.8%)	23 (30.7%) 16 (12.3%) 22 (29.3%) 13 (17.3%) 1 (1.3%)	0.770
13. My feelings about it were kind of numb.	- none -not much -moderately -enough -extremely	53 (40.2%) 27 (20.5%) 33 (25%) 16 (12.1%) 3 (2.3%)	30 (34%) 23 (26%) 15 (17%) 14 (16%) 4 (4.7%)	23 (30.7%) 20 (26.7%) 14 (18.7%) 14 (18%) 4 (5.3%)	0.528
14. I found myself acting or feeling like I was back at that time.	- none -not much -moderately -enough -extremely	45 (34.1%) 38 (28.4%) 25 (18.9%) 23 (17.4%) 1 (0.8%)	27 (31.4%) 26 (30.2%) 15 (17.4%) 13 (15.1%) 5 (5.8%)	24 (32%) 26 (34.7%) 12 (16%) 10 (13.3%) 3 (4%)	0.639
15. I had trouble falling asleep.	- none -not much -moderately -enough -extremely	43 (32.6%) 23 (17.4%) 16 (12.1%) 27 (20.5%) 23 (17.4%)	16 (18%) 19 (22.1%) 14 (16.3%) 19 (22.1%) 18 (20.9%)	18 (24%) 14 (18.7%) 9 (12%) 21 (28%) 13 (17.3%)	0.524
16. I had waves of strong feelings about it	- none -not much -moderately -enough -extremely	22 (16.7%) 35 (26.5%) 35 (26.5%) 26 (19.7%) 14 (10.6%)	12 (14%) 22 (25.6%) 19 (22.1%) 23 (26.7%) 10 (11.6%)	16 (21.3%) 18 (24%) 19 (25.3%) 15 (20%) 7 (9.3%)	0.909
17. I tried to remove it from my memory.	- none -not much -moderately -enough -extremely	58 (43%) 35 (26.5%) 18 (13.6%) 10 (7.6%) 11 (8.3%)	32 (37.2%) 23 (26.7%) 16 (18.6%) 13 (15.1%) 2 (2.3%)	32 (42.7%) 15 (20%) 9 (12%) 17 (22.7%) 2 (2.7%)	0.043*
18. I had trouble concentrating.	- none -not much -moderately -enough -extremely	16 (12.1%) 29 (22%) 24 (18.2%) 36 (27.3%) 27 (20.5%)	3 (3.5%) 15 (17.4%) 16 (18.6%) 31 (36%) 21 (24.4%)	5 (6.7%) 17 (22.7%) 10 (13.3%) 23 (30.7%) 20 (26.7%)	0.368
19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.	- none -not much -moderately -enough -extremely	64 (48.5%) 28 (21%) 19 (14%) 14 (10.6%) 7 (5.3%)	46 (53.5%) 21 (24.4%) 4 (4.7%) 12 (14%) 3 (3.5%)	37 (49.3%) 15 (20%) 5 (6%) 12 (16%) 6 (8%)	0.310
20. I had dreams about it.	- none -not much -moderately -enough -extremely	61 (46.2%) 29 (22%) 22 (16.7%) 11 (8.3%) 9 (6.8%)	41 (47.7%) 24 (27.9%) 11 (12.8%) 9 (10.5%) 1 (1.2%)	40 (53.3%) 16 (12.3%) 4 (5.3%) 9 (12%) 6 (8%)	0.185
21. I felt watchful and on-guard.	- none -not much -moderately -enough -extremely	15 (11.4%) 18 (13%) 38 (28.8%) 41 (31.1%) 20 (15.2%)	11 (12.8%) 11 (12.8%) 15 (17.4%) 34 (39.5%) 15 (17.4%)	5 (6.7%) 8 (10.7%) 23 (30.7%) 26 (34.7%) 13 (17.3%)	0.574
22. I tried not to talk about it. them.	- none -not much -moderately -enough -extremely	49 (37.1%) 30 (22.7%) 29 (22%) 15 (11%) 9 (6.8%)	27 (31.4%) 28 (38.6%) 19 (22.1%) 10 (11.6%) 2 (2.3%)	21 (28%) 12 (16%) 20 (26.7%) 15 (20%) 7 (9.3%)	0.115

PATIENTS n.293 (100%)	NO (138 / 47.1%)	YES (155/52.9%)	P
1.Any reminder brought back feelings about it			
- none	16 (11%)	9(5.8%)	
-not much	35 (25.4%)	38 (24.5%)	
-moderately	48 (34.8%)	47 (30.3%)	
-enough	34 (24.6%)	47 (30.3%)	
-extremely	5(3.6%)	14 (9%)	0.112
2.I had trouble staying asleep			
- none	47 (34.1%)	35 (22.6%)	
-not much	23 (16.7%)	32 (20.6%)	
-moderately	26 (18.8%)	24 (15.5%)	
-enough	34 (24.6%)	37 (23.9%)	
-extremely	8 (5.8%)	27 (17.4%)	0.012*
3.Other things kept making me think about it.			
- none	16 (11.6%)	16 (10.3%)	
-not much	29 (21%)	44 (28.4%)	
-moderately	55 (39.9%)	48 (31%)	
-enough	32 (23.2%)	34 (21%)	
-extremely	6 (4.3%)	13 (8.4%)	0.265
4.I felt irritable and angry			
- none	10 (7.2%)	3 (1.9%)	
-not much	31 (22.5%)	27 (17.4%)	
-moderately	36 (26.1%)	37 (23.9%)	
-enough	46 (33.3%)	54 (34.8%)	
-extremely	15 (10.9%)	34 (21.9%)	0.025*
5.I avoided letting myself get upset when I thought about it or was reminded of it.			
- none	14 (10.1%)	14 (9%)	
-not much	43 (31.2%)	49 (31.6%)	
-moderately	44 (31.9%)	48 (31%)	
-enough	33 (23.9%)	40 (25.8%)	
-extremely	4 (2.9%)	4(2.6%)	0.993
6.I thought about it when I didn't mean to			
- none	14 (10.1%)	16 (10.3%)	
-not much	41 (29.7%)	37 (23.9%)	
-moderately	49 (35.5%)	43 (27.7%)	
-enough	30 (21.7%)	42 (27.1%)	
-extremely	4(2.9%)	17 (11%)	0.043*
7.I felt as if it hadn't happened or wasn't real.			
- none	51 (37%)	56 (36.1%)	
-not much	29 (21%)	35 (22.6%)	
-moderately	21 (15.2%)	33 (21.3%)	
-enough	31 (22.5%)	24 (15.5%)	
-extremely	6 (4.3%)	7 (4.5%)	0.485
8.I stayed away from reminders of it.			
- none	45 (32.6%)	35 (22.6%)	
-not much	43 (31.2%)	64 (41.3%)	
-moderately	29 (21%)	38 (24.5%)	
-enough	18 (13%)	9(5.8%)	
-extremely	3(2.2%)	9 (5.8%)	0.020*
9.Pictures about it popped into my mind.			
- none	43 (31.2%)	45 (29%)	
-not much	43 (31.2%)	43 (27.7%)	
-moderately	41 (29.7%)	29 (18.7%)	
-enough	9 (6.5%)	26 (16.8%)	
-extremely	2 (1.4%)	12 (7.7%)	0.02*
10.I was jumpy and easily startled.			
- none	29 (21%)	15 (9.7%)	
-not much	40 (29%)	41 (26.5%)	
-moderately	31 (22.5%)	37 (23.9%)	
-enough	30 (21.7%)	38 (24.5%)	
-extremely	8 (5.8%)	24 (15.5%)	0.011*
11.I tried not to think about it.			
- none	10 (7.2%)	14 (9%)	
-not much	41 (29.7%)	27 (17.4%)	
-moderately	33 (23.9%)	51 (32.9%)	
-enough	44 (31.9%)	47 (39.3%)	
-extremely	10 (7.2%)	16 (10.3%)	0.094*

12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.			
- none	48 (34.8%)	33 (21.3%)	
-not much	28 (20.3%)	44 (28.4%)	
-moderately	40 (29%)	37 (23.9%)	
-enough	22 (17.9%)	32 (20.6%)	
-extremely	0	9(5.8%)	0.003*
13.My feelings about it were kind of numb.			
- none	52(37.7%)	54 (34.8%)	
-not much	35 (25.4%)	35 (26.6%)	
-moderately	31 (22.5%)	31 (20%)	
-enough	15 (10.9%)	29 (18.7%)	
-extremely	5 (3.6%)	6 (3.9%)	0.462
14.I found myself acting or feeling like I was back at that time.			
- none	56 (40.6%)	40 (25.8%)	
-not much	39 (28.3%)	51 (32.9%)	
-moderately	22 (15.9%)	30 (19.4%)	
-enough	21 (15.2%)	25 (16.1%)	
-extremely	0	9(5.8%)	0.008*
15.I had trouble falling asleep.			
- none	42 (30.4%)	35 (22.6%)	
-not much	29 (21%)	27 (17.4%)	
-moderately	22 (15.9%)	17 (11%)	
-enough	33 (23.9%)	34 (21.9%)	
-extremely	12 (8.7%)	42 (27.1%)	0.002*
16.I had waves of strong feelings about it.			
- none	34 (24.6%)	16 (10.3%)	
-not much	27 (19.6%)	48 (31%)	
-moderately	43 (31.2%)	30 (19.4%)	
-enough	25 (18.1%)	39 (25.2%)	
-extremely	9 (6.5%)	22 (14.2%)	<0.001*
17.I tried to remove it from my memory.			
- none	59 (42.8%)	63 (40.6%)	
-not much	39 (28.3%)	34 (21.9%)	
-moderately	18 (13%)	25 (16.1%)	
-enough	17 (12.3%)	23 (14.8%)	
-extremely	5 (3.6%)	10 (6.5%)	0.524
18.I had trouble concentrating.			
- none	18 (13%)	Sei (3.9%)	
-not much	32 (23.2%)	29 (18%)	
-moderately	25 (18.1%)	25 (16.1%)	
-enough	38 (27%)	52 (33.5%)	
-extremely	25 (18.1%)	43 (27.7%)	0.016*
19.Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.			
- none	82 (59.4%)	65 (41.9%)	
-not much	28 (20.3%)	36 (23.2%)	
-moderately	13 (9.4%)	15 (9.7%)	
-enough	14 (10.1%)	24 (15.5%)	
-extremely	1(0.7%)	15 (9.7%)	0.002*
20.I had dreams about it.			
- none	76 (55.1%)	66 (42.6%)	
-not much	29 (21%)	40 (25.8%)	
-moderately	15 (10.9%)	22 (14.2%)	
-enough	13 (9.4%)	16 (10.3%)	
-extremely	5 (3.6%)	11 (7.1%)	0.251
21. I felt watchful and on-guard.			
- none	20 (14.5%)	11 (7.1%)	
-not much	24 (17.4%)	13 (8.4%)	
-moderately	25 (18.1%)	51 (32.9%)	
-enough	50 (36.2%)	51 (32.9%)	
-extremely	19 (13.8%)	29 (18.7%)	0.003*
22. I tried not to talk about it. them.			
- none	56 (40.6%)	41 (26.5%)	
-not much	35 (25.4%)	35 (22.6%)	
-moderately	23 (16.7%)	45 (29%)	
-enough	15 (10.4%)	25 (16.1%)	
-extremely	9 (6.5%)	9 (5.8%)	0.027*

BDI TEST

supplementary

Table S2. relationship between the menstrual cycle and the impact of the pandemic as a traumatic event.

A, B: relationship with the altered duration of the menstrual cycle; C: Amenorrhea; D: Change Weight; E: Premenstrual syndrome

A				
IN THE LAST YEAR ALTERATION OF MENSTRUAL CYCLE				
PATIENTS n.293 (100%)	No (183 / 62.5%)	Increase of interval (73/24.9%)	Reduction of interval (37/12.6%)	P
QUESTION 1				
do not feel sad.	89(48.6%)	16(21.9%)	10 (27%)	
feel sad	78(42.6%)	39(53.4%)	22 (59.5%)	
-I am sad all the time and I can't snap out of it	15(8.2%)	15(20.5%)	3 (8.1%)	
I am so sad and unhappy that I can't stand it	1(0.5%)	3(4.1%)	2 (5.4%)	<0.001*
QUESTION 2				
I am not particularly discouraged about the future				
I feel discouraged about the future.	88(48.1%)	29(39.7%)	14(37.8%)	
I feel I have nothing to look forward to.	75(41.0%)	36(49.3%)	14(37.8%)	
I feel the future is hopeless and that things cannot improve	15(8.2%)	6(8.2%)	6(16.2%)	
	5(2.7%)	2(2.7%)	3(8.1%)	0.291
QUESTION 3				
I do not feel like a failure				
I feel I have failed more than the average person.	126(68.9%)	47(64.4%)	20(54.1%)	
As I look back on my life, all I can see is a lot of failures.	38(20.8%)	22(30.1%)	8(21.6%)	
I feel I am a complete failure as a person.	14(7.7%)	2(2.7%)	2(5.4%)	
	5(2.7%)	2(2.7%)	7(18.9%)	<0.001*
QUESTION 4				
I get as much satisfaction out of things as I used to.				
I don't enjoy things the way I used to.	63(34.4%)	19(26%)	10(27%)	
I don't get real satisfaction out of anything anymore.	90(49.2%)	41(56.2%)	20(54.1%)	
I am dissatisfied or bored with everything	11(6%)	9(12.3%)	3(8.1%)	
	19(10.4%)	4(5.5%)	4(10.8%)	0.441
QUESTION 5				
I don't feel particularly guilty	106(57.9%)	36(49.3%)	14(37.8%)	
I feel guilty a good part of the time.	49(26.8%)	23(31.5%)	13(35.1%)	
I feel quite guilty most of the time.	21(11.5%)	10(13.7%)	8(21.6%)	
I feel guilty all of the time.	7(3.8%)	4(5.5%)	2(5.4%)	0.383
QUESTION 6				
I don't feel I am being punished.	134(73.2%)	52(71.2%)	22(59.5%)	
I feel I may be punished.	25(13.7%)	6(8.2%)	10(27%)	
I expect to be punished.	6(3.3%)	7(9.6%)	2(5.4%)	
feel I am being punished.	18(9.8%)	8(11%)	3(8.1%)	0.079
QUESTION 7				
I don't feel disappointed in myself.	123(67.2%)	40(54.8%)	18(48.6%)	
I am disappointed in myself.	48(26.2%)	27(37%)	17(45.9%)	
I am disgusted with myself.	6(3.3%)	5(6.8%)	1(2.7%)	
I hate myself.	6(3.3%)	1(1.4%)	1(2.7%)	0.134
QUESTION 8				
I don't feel I am any worse than anybody else.				
I am critical of myself for my weaknesses or mistakes.	32(17.5%)	7(9.6%)	3(8.1%)	
I blame myself all the time for my faults.	134(73.2%)	57(78.1%)	30(81.1%)	
I blame myself for everything bad that happens.	14(7.7%)	5(6.8%)	2(5.4%)	
	3(1.6%)	4(5.5%)	2(5.4%)	0.299
QUESTION 9				
I don't have any thoughts of killing myself.				
I have thoughts of killing myself, but I would not carry them out.	171(93.4%)	64(87.7%)	33(89.2%)	
I would like to kill myself.	11(6%)	8(11%)	3(8.1%)	
	0	1(1.4%)	1(2.7%)	
I would kill myself if I had the chance.	1(0.5%)	0	0	0.369

QUESTION 10 I don't cry any more than usual. I cry more now than I used to. I cry all the time now. used to be able to cry, but now I can't cry even though I want to	104(56.8%) 67(36.6%) 5(2.7%) 7(3.8%)	28(38.4%) 38(52.1%) 1(1.4%) 6(8.2%)	22(59.5%) 11(29.7%) 1(2.7%) 3(8.1%)	0.096
QUESTION 11 I am no more irritated by things than I ever was. I am slightly more irritated now than usual. I am quite annoyed or irritated a good deal of the time. I feel irritated all the time.	59(32.2%) 83(45.4%) 39(21.3%) 2(1.1%)	19(26%) 29(39.7%) 25(34.2%) 0	16(43.2%) 14(37.8%) 6(16.2%) 1(2.7%)	0.153
QUESTION 12 I have not lost interest in other people. I am less interested in other people than I used to be. I have lost most of my interest in other people. I have lost all of my interest in other people	89(48.6%) 77(42.1%) 16(8.7%) 1(0.5%)	25(34.2%) 32(43.8%) 15(20.5%) 1(1.4%)	20(54.1%) 12(32.4%) 5(13.5%) 0	0.101
QUESTION 13 I make decisions about as well as I ever could. I put off making decisions more than I used to. I have greater difficulty in making decisions more than I used to. I can't make decisions at all anymore.	117(63.9%) 37(20.2%) 25(13.7%) 4(2.2%)	38(52.1%) 21(28.8%) 12(16.4%) 2(2.7%)	20(54.1%) 12(32.4%) 3(8.1%) 2(5.4%)	0.343
QUESTION 14 I don't feel that I look any worse than I used to. I am worried that I am looking old or unattractive. I feel there are permanent changes in my appearance that make me look unattractive believe that I look ugly.	104(56.8%) 48(26.2%) 15(8.2%) 16(8.7%)	29(39.7%) 16(21.9%) 16(21.9%) 12(16.4%)	16(43.2%) 5(13.5%) 13(35.1%) 3(8.1%)	<0.001*
QUESTION 15 I can work about as well as before. It takes an extra effort to get started at doing something. I have to push myself very hard to do anything. I can't do any work at all.	69(37.7%) 80(43.7%) 33(18%) 1(0.5%)	16(21.9%) 32(43.8%) 25(34.2%) 0	12(32.4%) 16(43.2%) 7(18.9%) 2(5.4%)	0.005*
QUESTION 16 I can sleep as well as usual. I don't sleep as well as I used to. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep. I wake up several hours earlier than I used to and cannot get back to sleep.	89(48.6%) 69(37.7%) 20(10.9%) 5(2.7%)	16(21.9%) 31(42.5%) 18(24.7%) 8(11%)	10(27%) 18(48.6%) 7(18.9%) 2(5.4%)	<0.001*
QUESTION 17 I don't get more tired than usual. I get tired more easily than I used to. I get tired from doing almost anything. I am too tired to do anything.	49(26.8%) 110(60.1%) 21(11.5%) 3(1.6%)	14(19.2%) 46(63%) 9(12.3%) 4(5.5%)	7(18.9%) 22(59.5%) 4(10.8%) 4(10.8%)	0.147
QUESTION 18 -My appetite is no worse than usual. My appetite is not as good as it used to be. My appetite is much worse now. have no appetite at all anymore	141(77%) 35(19.1%) 7(3.8%) 0	37(50.7%) 29(39.7%) 6(8.2%) 1(1.4%)	37(50.7%) 29(39.7%) 6(8.2%) 1(1.4%)	<0.001*
QUESTION 19 I haven't lost much weight, if any, lately. I have lost more than five pounds. I have lost more than ten pounds. I have lost more than fifteen pounds.	145(79.2%) 31(16.9%) 6(3.3%) 1(0.5%)	49(67.1%) 17(23.3%) 4(5.5%) 3(4.1%)	29(78.4%) 4(10.8%) 2(5.4%) 2(5.4%)	0.137
QUESTION 20 I am no more worried about my health than usual. I am worried about physical problems like aches, pains, upset stomach, or constipation. I am very worried about physical problems and it's hard to think of much else. I am so worried about my physical problems that I cannot think of anything else.	124(67.8%) 51(27.9%) 6(3.3%) 2(1.1%)	42(57.5%) 23(31.5%) 7(9.6%) 1(1.4%)	25(67.6%) 11(29.7%) 1(2.7%) 0	0.388

QUESTION 21 . I have not noticed any recent change in my interest in sex.	126(68.9%)	42(57.5%)	24(64.9%)	0.662
I am less interested in sex than I used to be.	49(26.8%)	26(35.6%)	10(27%)	
I have almost no interest in sex.	5(2.7%)	4(5.5%)	2(5.4%)	
I have lost interest in sex completely.	3(1.6%)	1(1.4%)	1(2.7%)	
22. I tried not to talk about it. them.				0.017*
- none	71 (38.8%)	19 (26%)	7 (18.9%)	
-not much	44 (24.0%)	11 (15.1%)	15 (40.5%)	
-moderately	37 (20.2%)	24 (32.9%)	7 (18.9%)	
-enough	20 (10.9%)	14 (19.2%)	6 (16.2%)	
-extremely	11 (6.0%)	5 (6.8%)	2 (5.4%)	

B IN THE LAST YEAR HOW OFTEN ALTERATION OF MENSTRUAL CYCLE

PATIENTS n.293 (100%)	21-35 D (260 / 88.7%)	>35 D (29/9.9%)	<21D (4/1.4%)	P
QUESTION 1 do not feel sad.	107 (41.2%)	8(27.6%)	0	0.011*
feel sad	121(46.5%)	14(48.3%)	4 (100%)	
-I am sad all the time and I can't snap out of it	29(11.2%)	4(13.8%)	0	
I am so sad and unhappy that I can't stand it	3(1.2%)	3(10.3%)	0	
QUESTION 3 I do not feel like a failure				0.001*
I feel I have failed more than the average person.	173(66.5%)	19(65.5%)	1(25%)	
As I look back on my life, all I can see is a lot of failures.	62(23.8%)	6(20.7%)	0	
I feel I am a complete failure as a person.	15(5.8%) 10(3.8%)	2(6.9%) 2(6.9%)	1(25%) 2(50%)	
QUESTION 5 I don't feel particularly guilty	143(55%)	13(44.8%)	0	0.015*
I feel guilty a good part of the time.	73(28.1%)	11(37.9%)	1(25%)	
I feel quite guilty most of the time.	33(12.7%)	3(10.3%)	3(75%)	
I feel guilty all of the time.	11(4.2%)	2(6.9%)	0	
QUESTION 9 I don't have any thoughts of killing myself.				0.005*
I have thoughts of killing myself, but I would not carry them out.	239(91.9%) 20(7.7%)	25(86.2%) 2(6.9%)	4(100%) 0	
I would like to kill myself.	0	2(6.9%)	0	
I would kill myself if I had the chance.	1(0.4%)	0	0	
QUESTION 12 I have not lost interest in other people.	126(48.5%)	5(17.2%)	3(75%)	0.002*
I am less interested in other people than I used to be.	106(40.8%)	14(48.3%)	1(25%)	
I have lost most of my interest in other people.	26(10%)	10(34.5%)	0	
I have lost all of my interest in other people	2(0.8%)	0	0	
QUESTION 14 I don't feel that I look any worse than I used to.				0.005*
I am worried that I am looking old or unattractive.	69(37.7%)	16(21.9%)	12(32.4%)	
I feel there are permanent changes in my appearance that make me look unattractive	80(43.7%) 33(18%)	32(43.8%) 25(34.2%)	16(43.2%) 7(18.9%)	
believe that I look ugly.	1(0.5%)	0	2(5.4%)	
QUESTION 16 I can sleep as well as usual.				0.048*
I don't sleep as well as I used to.				
I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.	108(41.5%) 105(40.4%)	5(17.2%) 12(41.4%)	2(50%) 1(25%)	
I wake up several hours earlier than I used to and cannot get back to sleep.	34(13.1%) 13(5%)	10(34.5%) 2(6.9%)	1(25%) 0	
QUESTION 20 I am no more worried about my health than usual.				0.003*
I am worried about physical problems like aches, pains, upset stomach, or constipation.				
I am very worried about physical problems and it's hard to think of much else.	170(65.4%) 78(30%)	20(69%) 4(13.8%)	1(25%) 3(75)	
I am so worried about my physical problems that I cannot think of anything else.	11(4.2%) 1(0.4%)	3(10.3%) 2(6.9%)	0 0	
QUESTION 21 . I have not noticed any recent change in my interest in sex.	177(68.1%)	12(41.4%)	3(75%)	0.003*
I am less interested in sex than I used to be.	72(27.7%)	12(41.4%)	1(25%)	
I have almost no interest in sex.	9(3.5%)	2(6.9%)	0	
I have lost interest in sex completely.	2(0.8%)	3(10.3%)	0	

C

IN THE LAST YEAR AMENORRHEA

PATIENTS n.293 (100%)	NO 270 (92.2%)	YES 23 (7.8%)	P
QUESTION 1 I do not feel sad. I feel sad I am sad all the time and I can't snap out of it I am so sad and unhappy that I can't stand it	110(40.7%) 127(47%) 30(11.1%) 3(1.1%)	5(21.7%) 12(52.2%) 3(13%) 3(13%)	<0.001*
QUESTION 2 I am not particularly discouraged about the future I feel discouraged about the future. I feel I have nothing to look forward to. I feel the future is hopeless and that things cannot improve	123(45.6%) 115(42.6%) 23(8.5%) 9(3.3%)	8(34.8%) 10(43.5%) 4(17.4%) 1(4.3%)	0.488
QUESTION 3 I do not feel like a failure I feel I have failed more than the average person. As I look back on my life, all I can see is a lot of failures. I feel I am a complete failure as a person.	180(66.7%) 61(22.6%) 17(6.3%) 12(4.4%)	13(56.5%) 7(30.4%) 1(4.3%) 2(8.7%)	0.609
QUESTION 4 I get as much satisfaction out of things as I used to. I don't enjoy things the way I used to. I don't get real satisfaction out of anything anymore. I am dissatisfied or bored with everything	87(32.2%) 139(51.5%) 19(7%) 25(9.3%)	5(21.7%) 12(52.2%) 4(17.4%) 2(8.7%)	0.302
QUESTION 5 I don't feel particularly guilty I feel guilty a good part of the time. I feel quite guilty most of the time. I feel guilty all of the time.	142(52.6%) 80(29.6%) 36(13.3%) 12(4.4%)	14(60.9%) 5(21.7%) 3(13%) 1(4.3%)	0.863
QUESTION 6 I don't feel I am being punished. I feel I may be punished. I expect to be punished. I feel I am being punished.	195(72.2%) 35(13%) 14(5.2%) 26(9.6%)	13(56.5%) 6(26.1%) 1(4.3%) 3(13%)	0.305
QUESTION 7 I don't feel disappointed in myself. I am disappointed in myself. I am disgusted with myself. I hate myself.	173(64.1%) 79(29.3%) 10(3.7%) 8(3%)	8(34.8%) 13(56.5%) 2(8.7%) 0	0.019*
QUESTION 8 I don't feel I am any worse than anybody else. I am critical of myself for my weaknesses or mistakes. I blame myself all the time for my faults. I blame myself for everything bad that happens.	39(14.4%) 204(75.6%) 18(6.7%) 9(3.3%)	3(13%) 17(73.9%) 3(13%) 0	0.571
QUESTION 9 I don't have any thoughts of killing myself. I have thoughts of killing myself, but I would not carry them out. I would like to kill myself. I would kill myself if I had the chance.	250(92.6%) 18(6.7%) 1(0.4%) 1(0.4%)	18(78.3%) 4(17.4%) 1(4.3%) 0	0.033*
QUESTION 10 I don't cry any more than usual. I cry more now than I used to. I cry all the time now. I used to be able to cry, but now I can't cry even though I want to	144(53.3%) 108(40.0%) 6(2.2%) 12(4.4%)	10(43.5%) 8(34.8%) 1(4.3%) 4(17.4%)	0.591
QUESTION 11 I am no more irritated by things than I ever was. I am slightly more irritated now than usual. I am quite annoyed or irritated a good deal of the time. I feel irritated all the time.	87(32.2%) 118(43.7%) 63(23.3%) 2(0.7%)	7(30.4%) 8(34.8%) 7(30.4%) 1(4.3%)	0.314
QUESTION 12 I have not lost interest in other people. I am less interested in other people than I used to be. I have lost most of my interest in other people. I have lost all of my interest in other people	125(46.3%) 114(42.2%) 29(10.7%) 2(0.7%)	9(39.1%) 7(30.4%) 7(30.4%) 0	0.050*
QUESTION 13 I make decisions about as well as I ever could. I put off making decisions more than I used to. I have greater difficulty in making decisions more than I used to. I can't make decisions at all anymore.	166(61.5%) 62(23%) 36(13.3%) 6(2.2%)	9(39.1%) 8(34.8%) 4(17.4%) 2(8.7%)	0.089

QUESTION 14 I don't feel that I look any worse than I used to. I am worried that I am looking old or unattractive. I feel there are permanent changes in my appearance that make me look unattractive believe that I look ugly.	142(52.6%) 64(23.7%) 37(13.7%) 27(10%)	7(30.4%) 5(21.7%) 7(30.4%) 4(17.4%)	0.068
QUESTION 15 I can work about as well as before. It takes an extra effort to get started at doing something. I have to push myself very hard to do anything. I can't do any work at all.	92(34.1%) 119(44.1%) 57(21.1%) 2(0.7%)	5(21.7%) 9(39.1%) 8(34.8%) 1(4.3%)	0.134
QUESTION 16 I can sleep as well as usual. I don't sleep as well as I used to. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep. I wake up several hours earlier than I used to and cannot get back to sleep.	112(41.5%) 114(42.2%) 32(11.9%) 12(4.4%)	3(13.0%) 4(17.4%) 13(56.5%) 3(13%)	<0.001*
QUESTION 17 I don't get more tired than usual. I get tired more easily than I used to. I get tired from doing almost anything. I am too tired to do anything.	65(24.1%) 164(60.7%) 30(11.1%) 11(4.1%)	5(21.7%) 14(60.9%) 4(17.4%) 0	0.636
QUESTION 18 -My appetite is no worse than usual. My appetite is not as good as it used to be. My appetite is much worse now. I have no appetite at all anymore	188(69.6%) 67(24.8%) 14(5.2%) 1(0.4%)	11(47.8%) 12(52.2%) 0 0	0.034*
QUESTION 19 I haven't lost much weight, if any, lately. I have lost more than five pounds. I have lost more than ten pounds. I have lost more than fifteen pounds.	209(77.4%) 45(16.7%) 11(4.1%) 5(1.9%)	14(60.9%) 7(30.4%) 1(4.3%) 1(4.3%)	0.299
QUESTION 20 I am no more worried about my health than usual. I am worried about physical problems like aches, pains, upset stomach, or constipation. I am very worried about physical problems and it's hard to think of much else. I am so worried about my physical problems that I cannot think of anything else.	178(65.9%) 78(28.9%) 12(4.4%) 2(0.7%)	13(56.5%) 7(30.4%) 2(8.7%) 1(4.3%)	0.284
QUESTION 21 I have not noticed any recent change in my interest in sex. I am less interested in sex than I used to be. I have almost no interest in sex. I have lost interest in sex completely.	178(65.9%) 80(29.6%) 8(3%) 4(1.5%)	14(60.9%) 5(21.7%) 3(13%) 1(4.3%)	0.063

D

IN THE LAST YEAR CHANGE WEIGHT

PATIENTS n.293 (100%)	No (132 / 45.1%)	Increase (86/29.4%)	Reduction (75/25.6%)	P
QUESTION 1 Do not feel sad. I feel sad. I am sad all the time and I can't snap out of it. I am so sad and unhappy that I can't stand it.	51(38.6%) 66(50%) 15(11.4%) 0	39(45.3%) 34(39.5%) 11(12.8%) 2(2.3%)	25(33.3%) 39(52%) 7(9.3%) 4(5.3%)	0.114
QUESTION 2 I am not particularly discouraged about the future I feel discouraged about the future. I feel I have nothing to look forward to. I feel the future is hopeless and that things cannot improve	56(42.4%) 61(46.2%) 9(6.8%) 6(4.5%)	42(48.8%) 30(34.9%) 11(12.8%) 3(3.5%)	33(44%) 34(45.3%) 7(9.3%) 1(1.3%)	0.459
QUESTION 3 I do not feel like a failure I feel I have failed more than the average person. As I look back on my life, all I can see is a lot of failures.	88(66.7%) 32(24.2%) 5(3.8%) 7(5.3%)	53(61.6%) 20(23.3%) 8(9.3%) 5(5.8%)	52(69.3%) 16(21.3%) 5(6.7%) 2(2.7%)	0.656

I feel I am a complete failure as a person.				
QUESTION 4				
I get as much satisfaction out of things as I used to.				
I don't enjoy things the way I used to.	44(33.3%)	25(29.1%)	23(30.7%)	
I don't get real satisfaction out of anything anymore.	67(50.8%)	44(51.2%)	40(53.3%)	
	8(6.1%)	11(12.8%)	4(5.3%)	
I am dissatisfied or bored with everything	13(9.8%)	6(7%)	8(10.7%)	0.557
QUESTION 5				
I don't feel particularly guilty	72(54.5%)	45(52.3%)	39(52%)	
I feel guilty a good part of the time.	36(27.3%)	23(26.7%)	26(34.7%)	
I feel quite guilty most of the time.	18(13.6%)	13(15.1%)	8(10.7%)	
I feel guilty all of the time.	6(4.5%)	5(5.8%)	2(2.7%)	0.844
QUESTION 6				
I don't feel I am being punished.	96(72.7%)	57(66.3%)	55(73.3%)	
I feel I may be punished.	16(12.1%)	12(14%)	13(17.3%)	
I expect to be punished.	7(5.3%)	7(8.1%)	1(1.3%)	
feel I am being punished.	13(9.8%)	10(11.6%)	6(8%)	0.483
QUESTION 7				
I don't feel disappointed in myself.	85(64.4%)	44(51.2%)	52(69.3%)	
I am disappointed in myself.	38(28.8%)	37(43%)	17(22.7%)	
I am disgusted with myself.	5(3.8%)	3(3.5%)	4(5.3%)	
I hate myself.	4(3%)	2(2.3%)	2(2.7%)	0.191
QUESTION 8				
I don't feel I am any worse than anybody else.	17(12.9%)	12(14%)	13(17.3%)	
I am critical of myself for my weaknesses or mistakes.	98(74.2%)	68(79.1%)	55(73.3%)	
I blame myself all the time for my faults.	11(8.3%)	5(5.8%)	5(6.7%)	
I blame myself for everything bad that happens.	6(4.5%)	1(1.2%)	2(2.7%)	0.759
QUESTION 9				
I don't have any thoughts of killing myself.				
I have thoughts of killing myself, but I would not carry them out.	121(91.7%)	76(88.4%)	71(94.7%)	
	11(8.3%)	7(8.1%)	4(5.3%)	
I would like to kill myself.	0	2(2.3%)	0	
I would kill myself if I had the chance.	0	1(1.2%)	0	0.236
QUESTION 10				
I don't cry any more than usual.				
I cry more now than I used to.	73(55.3%)	46(53.5%)	35(46.7%)	
I cry all the time now.	52(39.4%)	31(36%)	33(44%)	
used to be able to cry, but now I can't cry even though I want to	2(1.5%)	2(2.3%)	3(4%)	
	5(3.8%)	7(8.1%)	4(5.3%)	0.624
QUESTION 11				
I am no more irritated by things than I ever was.				
I am slightly more irritated now than usual.	47(35.6%)	28(32.6%)	19(25.3%)	
I am quite annoyed or irritated a good deal of the time.	57(43.2%)	37(43%)	32(42.7%)	
	27(20.5%)	19(22.1%)	24(32%)	
I feel irritated all the time.	1(0.8%)	2(2.3%)	0	0.349
QUESTION 12				
I have not lost interest in other people.				
I am less interested in other people than I used to be.	69(52.3%)	37(43%)	28(37.3%)	
	48(36.4%)	40(46.5%)	33(44%)	
I have lost most of my interest in other people.	15(11.4%)	7(8.1%)	14(18.7%)	
I have lost all of my interest in other people	0	2(2.3%)	0	0.050*
QUESTION 13				
I make decisions about as well as I ever could.				
I put off making decisions more than I used to.	84(63.6%)	44(51.2%)	47(62.7%)	
I have greater difficulty in making decisions more than I used to.	31(23.5%)	24(27.9%)	15(20%)	
	14(10.6%)	16(18.6%)	10(13.3%)	
I can't make decisions at all anymore.	3(2.3%)	2(2.3%)	3(4%)	0.468
QUESTION 14				
I don't feel that I look any worse than I used to.				
I am worried that I am looking old or unattractive.	78(59.1%)	30(34.9%)	41(54.7%)	
I feel there are permanent changes in my appearance that make me look unattractive.	25(18.9%)	27(31.4%)	17(22.7%)	
	11(8.3%)	23(26.7%)	10(13.3%)	
believe that I look ugly.	18(13.6%)	6(7%)	7(9.3%)	< 0.001*

QUESTION 15 I can work about as well as before. It takes an extra effort to get started at doing something. I have to push myself very hard to do anything. I can't do any work at all.	53(40.2%) 56(42.4%) 23(17.4%) 0	21(24.4%) 38(44.2%) 25(29.1%) 2(2.3%)	23(30.7%) 34(45.3%) 17(22.7%) 1(1.3%)	0.116
QUESTION 16 I can sleep as well as usual. I don't sleep as well as I used to. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep. I wake up several hours earlier than I used to and cannot get back to sleep.	63(47.7%) 51(38.6%) 12(9.1%) 6(4.5%)	29(33.7%) 35(40.7%) 18(20.9%) 4(4.7%)	23(30.7%) 32(42.7%) 15(20%) 5(6.7%)	0.079
QUESTION 17 I don't get more tired than usual. I get tired more easily than I used to. I get tired from doing almost anything. I am too tired to do anything.	34(25.8%) 82(62.1%) 12(9.1%) 4(3%)	17(19.8%) 52(60.5%) 11(12.8%) 6(7%)	19(25.3%) 44(58.7%) 11(14.7%) 1(1.3%)	0.409
QUESTION 18 My appetite is no worse than usual. My appetite is not as good as it used to be. My appetite is much worse now. I have no appetite at all anymore.	104(78.8%) 23(17.4%) 5(3.8%) 0	56(65.1%) 23(26.7%) 7(8.1%) 0	39(52%) 33(44%) 2(2.7%) 1(1.3%)	< 0.001*
QUESTION 19 I haven't lost much weight, if any, lately. I have lost more than five pounds. I have lost more than ten pounds. I have lost more than fifteen pounds.	118(89.4%) 13(9.8%) 0 1(0.8%)	78(90.7%) 5(5.8%) 2(2.3%) 1(1.2%)	27(36%) 34(45.3%) 10(13.3%) 4(5.3%)	< 0.001*
QUESTION 20 I am no more worried about my health than usual. I am worried about physical problems like aches, pains, upset stomach, or constipation. I am very worried about physical problems and it's hard to think of much else. I am so worried about my physical problems that I cannot think of anything else.	86(65.2%) 36(27.3%) 8(6.1%) 2(1.5%)	59(68.6%) 26(30.2%) 1(1.2%) 0	46(61.3%) 23(30.7%) 5(6.7%) 1(1.3%)	0.518
QUESTION 21 I have not noticed any recent change in my interest in sex. I am less interested in sex than I used to be. I have almost no interest in sex. I have lost interest in sex completely.	85(64.4%) 40(30.3%) 4(3%) 3(2.3%)	57(66.3%) 25(29.1%) 3(3.5%) 1(1.2%)	50(66.7%) 20(26.7%) 4(5.3%) 1(1.3%)	0.964

E

IN THE LAST YEAR PREMENSTRUAL SYNDROME

PATIENTS n.293 (100%)	NO (138 / 47.1%)	YES (155/52.9%)	P
QUESTION 1 do not feel sad. feel sad -I am sad all the time and I can't snap out of it I am so sad and unhappy that I can't stand it	64(46.4%) 65(47.1%) 7(5.1%) 2(1.4%)	51(32.9%) 74(47.7%) 26(16.8%) 4(2.6%)	0.005*
QUESTION 2 I am not particularly discouraged about the future I feel discouraged about the future. I feel I have nothing to look forward to. I feel the future is hopeless and that things cannot improve	65(47.1%) 61(44.2%) 11(8%) 1(0.7%)	66(42.6%) 64(41.3%) 16(10.3%) 9(5.8%)	0.092
QUESTION 3 I do not feel like a failure I feel I have failed more than the average person. As I look back on my life, all I can see is a lot of failures. I feel I am a complete failure as a person.	98(71%) 30(21.7%) 5(3.6%) 5(3.6%)	95(61.3%) 38(24.5%) 13(8.4%) 9(5.8%)	0.194

<p>QUESTION 4</p> <p>I get as much satisfaction out of things as I used to. I don't enjoy things the way I used to. I don't get real satisfaction out of anything anymore. I am dissatisfied or bored with everything</p>	<p>46(33.3%) 75(54.3%) 4(2.9%) 13(9.4%)</p>	<p>46(29.7%) 76(49%) 19(12.3%) 14(9%)</p>	0.031*
<p>QUESTION 5</p> <p>I don't feel particularly guilty I feel guilty a good part of the time. I feel quite guilty most of the time. I feel guilty all of the time.</p>	<p>81(58.7%) 39(28.3%) 11(8%) 7(5.1%)</p>	<p>75(48.4%) 46(29.7%) 28(18.1%) 6(3.9%)</p>	0.062
<p>QUESTION 6</p> <p>I don't feel I am being punished. I feel I may be punished. I expect to be punished. I feel I am being punished.</p>	<p>98(71%) 24(17.4%) 3(2.2%) 13(9.4%)</p>	<p>110(71%) 17(11%) 12(7.7%) 16(10.3%)</p>	0.085
<p>QUESTION 7</p> <p>I don't feel disappointed in myself. I am disappointed in myself. I am disgusted with myself. I hate myself.</p>	<p>95(68.8%) 37(26.8%) 3(2.2%) 3(2.2%)</p>	<p>86(55.5%) 55(35.5%) 9(5.8%) 5(3.2%)</p>	0.089
<p>QUESTION 8</p> <p>I don't feel I am any worse than anybody else. I am critical of myself for my weaknesses or mistakes. I blame myself all the time for my faults. I blame myself for everything bad that happens.</p>	<p>16(11.6%) 109(79%) 10(7.2%) 3(2.2%)</p>	<p>26(16.8%) 112(72.3%) 11(7.1%) 6(3.9%)</p>	0.477
<p>QUESTION 9</p> <p>I don't have any thoughts of killing myself. I have thoughts of killing myself, but I would not carry them out. I would like to kill myself. I would kill myself if I had the chance.</p>	<p>128(92.8%) 8(5.8%) 1(0.7%) 1(0.7%)</p>	<p>140(90.3%) 14(9%) 1(0.6%) 0</p>	0.533
<p>QUESTION 10</p> <p>I don't cry any more than usual. I cry more now than I used to. I cry all the time now. I used to be able to cry, but now I can't cry even though I want to</p>	<p>82(59.4%) 46(33.3%) 2(1.4%) 8(5.8%)</p>	<p>72(46.5%) 70(45.2%) 5(3.2%) 8(5.2%)</p>	0.115
<p>QUESTION 11</p> <p>I am no more irritated by things than I ever was. I am slightly more irritated now than usual. I am quite annoyed or irritated a good deal of the time. I feel irritated all the time.</p>	<p>57(41.3%) 52(37.7%) 27(19.6%) 2(1.4%)</p>	<p>37(23.9%) 74(47.7%) 43(27.7%) 1(0.6%)</p>	0.011*
<p>QUESTION 12</p> <p>I have not lost interest in other people. I am less interested in other people than I used to be. I have lost most of my interest in other people. I have lost all of my interest in other people</p>	<p>64(46.4%) 54(39.1%) 20(14.5%) 0</p>	<p>70(45.2%) 67(43.2%) 16(10.3%) 2(1.3%)</p>	0.371
<p>QUESTION 13</p> <p>I make decisions about as well as I ever could. I put off making decisions more than I used to. I have greater difficulty in making decisions more than I used to. I can't make decisions at all anymore.</p>	<p>95(68.8%) 25(18.1%) 15(10.9%) 3(2.2%)</p>	<p>80(51.6%) 45(29%) 25(16.1%) 5(3%)</p>	0.029*
<p>QUESTION 14</p> <p>I don't feel that I look any worse than I used to. I am worried that I am looking old or unattractive. I feel there are permanent changes in my appearance that make me look unattractive I believe that I look ugly.</p>	<p>80(58%) 33(23.9%) 12(8.7%) 13(9.4%)</p>	<p>69(44.5%) 36(23.2%) 32(20.6%) 18(11.6%)</p>	0.020*
<p>QUESTION 15</p> <p>I can work about as well as before. It takes an extra effort to get started at doing something. I have to push myself very hard to do anything. I can't do any work at all.</p>	<p>55(39.9%) 54(39.1%) 28(20.3%) 1(0.7%)</p>	<p>42(27.1%) 74(47.7%) 37(23.9%) 2(1.3%)</p>	0.140

<p>QUESTION 16</p> <p>I can sleep as well as usual.</p> <p>I don't sleep as well as I used to.</p> <p>I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.</p> <p>I wake up several hours earlier than I used to and cannot get back to sleep.</p>	<p>62(44.9%)</p> <p>53(38.4%)</p> <p>20(14.5%)</p> <p>3(2.2%)</p>	<p>53(34.2%)</p> <p>65(41.9%)</p> <p>25(16.1%)</p> <p>12(7.7%)</p>	0.075
<p>QUESTION 17</p> <p>I don't get more tired than usual.</p> <p>I get tired more easily than I used to.</p> <p>I get tired from doing almost anything.</p> <p>I am too tired to do anything.</p>	<p>42(30.4%)</p> <p>81(58.7%)</p> <p>11(8%)</p> <p>4(2.9%)</p>	<p>28(18.1%)</p> <p>97(62.6%)</p> <p>23(14.8%)</p> <p>7(4.5%)</p>	0.040*
<p>QUESTION 18</p> <p>My appetite is no worse than usual.</p> <p>My appetite is not as good as it used to be.</p> <p>My appetite is much worse now.</p> <p>have no appetite at all anymore</p>	<p>100(72.5%)</p> <p>33(23.9%)</p> <p>5(3.6%)</p> <p>0</p>	<p>99(63.9%)</p> <p>46(29.7%)</p> <p>9(5.8%)</p> <p>1(0.6%)</p>	0.346
<p>QUESTION 19</p> <p>I haven't lost much weight, if any, lately.</p> <p>I have lost more than five pounds.</p> <p>I have lost more than ten pounds.</p> <p>I have lost more than fifteen pounds.</p>	<p>99(71.7%)</p> <p>28(20.3%)</p> <p>6(4.3%)</p> <p>5(3.6%)</p>	<p>124(80%)</p> <p>24(15.5%)</p> <p>6(3.9%)</p> <p>1(0.6%)</p>	0.186
<p>QUESTION 20</p> <p>I am no more worried about my health than usual.</p> <p>I am worried about physical problems like aches, pains, upset stomach, or constipation.</p> <p>I am very worried about physical problems and it's hard to think of much else.</p> <p>I am so worried about my physical problems that I cannot think of anything else.</p>	<p>98(71%)</p> <p>35(25.4%)</p> <p>4(2.9%)</p> <p>1(0.7%)</p>	<p>93(60%)</p> <p>50(32.3%)</p> <p>10(6.5%)</p> <p>2(1.3%)</p>	0.194
<p>QUESTION 21</p> <p>I have not noticed any recent change in my interest in sex.</p> <p>I am less interested in sex than I used to be.</p> <p>I have almost no interest in sex.</p> <p>I have lost interest in sex completely.</p>	<p>96(69.6%)</p> <p>36(26.1%)</p> <p>4(2.9%)</p> <p>2(1.4%)</p>	<p>96(61.9%)</p> <p>49(31.6%)</p> <p>7(4.5%)</p> <p>3(1.9%)</p>	0.567