

Appendix 1: Factor loadings for each age for 695 women who reached natural menopause by 54 years

Symptoms	Age							
	47	48	49	50	51	52	53	54
<i>Psychological symptoms</i>								
Anxiety and depression	0.82	0.84	0.84	0.85	0.86	0.87	0.85	0.84
Tearfulness	0.79	0.80	0.79	0.80	0.79	0.79	0.81	0.75
Irritability	0.74	0.72	0.72	0.71	0.71	0.74	0.75	0.69
Feelings of panic	0.58	0.66	0.68	0.66	0.67	0.65	0.66	0.69
Forgetfulness	0.56	0.58	0.55	0.57	0.55	0.57	0.53	0.62
Trouble Sleeping*	0.40	0.40	0.45	0.45	0.44	0.42	0.51	0.44
<i>Percent variance, Cronbach alpha</i>	27.5, 0.82	26.5, 0.83	26.5, 0.83	25.4, 0.83	26.6, 0.81	26.3, 0.83	26.3, 0.85	26.3, 0.86
<i>Somatic symptoms</i>								
Pins and needles in hands and feet	0.63	0.70	0.61	0.67	0.69	0.69	0.67	0.69
Dizziness	0.61	0.51	0.54	0.65	0.60	0.52	0.56	0.63
Skin-crawling sensations	0.59	0.61	0.55	0.55	0.50	0.52	0.55	0.49
Palpitations	0.48	0.36	0.46	0.40	0.29	0.41	0.39	0.40
Increased frequency of passing urine	0.47	0.36	0.42	0.37	0.48	0.45	0.45	0.47
Frequent severe headache	0.44	0.32	0.39	0.41	0.36	0.34	0.37	0.51
Breast tenderness	0.30	0.39	0.38	0.34	0.47	0.45	0.39	0.25
Aches and pains in the joints	0.51	0.60	0.57	0.52	0.59	0.63	0.48	0.53
<i>Percent variance, Cronbach alpha</i>	7.3, 0.72	7.5, 0.66	8.3, 0.67	8.1, 0.66	8.1, 0.71	8.5, 0.69	8.9, 0.68	8.9, 0.69
<i>Vasomotor symptoms</i>								
Cold sweats /night sweats	0.81	0.85	0.82	0.87	0.86	0.86	0.84	0.85
Hot flushes	0.82	0.82	0.81	0.87	0.86	0.88	0.86	0.84
<i>Percent variance, Cronbach alpha</i>	5.8, 0.81	6.9, 0.82	6.7, 0.84	7.3, 0.87	7.3, 0.83	6.8, 0.88	7.4, 0.89	6.7, 0.88
<i>Sexual difficulties</i>								
Difficulties with intercourse	0.86	0.88	0.88	0.90	0.90	0.90	0.92	0.92
Vaginal dryness	0.87	0.87	0.88	0.92	0.90	0.90	0.92	0.91
<i>Percent variance, Cronbach alpha</i>	6.6, 0.81	6.0, 0.82	6.0, 0.84	6.3, 0.87	5.9, 0.83	6.1, 0.88	6.0, 0.89	5.9, 0.88

* Trouble sleeping also loaded on vasomotor symptoms but with lower loadings than for the psychological symptoms group.