## Psychological Symptoms Associated with Polycystic Ovary Syndrome (PCOS)



Instructions: Check off the symptoms, thoughts, or feelings that you experience regularly. Share with your physician and/or psychotherapist as a tool for facilitating discussion about how PCOS is affecting your mental health and functioning.

Brain fog   Fatigue   Poor self-esteem   Not sleeping well   Loss of femininity   Loss of femininity   Acute self-consciousness   Feeling unattractive/unsexy   Feeling different from others   Feeling different from others   Feeling lack of control over body   Confusion about how help yourself   Physical appearance Embarrassment   Physical appearance Embarrassment   Eating Problems   Binge eating   Over-exercising   Over-exercising   Eating disorders   Eating too much   Restrictive eating   Not eating enough   Uncontrolled overeating   Uncontrolled overeating   Unmanageable food cravings   Feeling suicidal   Peeling fearful   Worrying a lot   Often feeling tense   Fearing for the future   Fear of getting cancer   Physical Symptoms   Physical Symptoms	Sleep Problems_	Shame and Embarrassment
Not sleeping well	□ Brain fog	□ Self loathing
Inadequate sleep	□ Fatigue	□ Poor self-esteem
Inadequate sleep	□ Not sleeping well	□ Loss of femininity
Relationship/Sexual Problems  Afraid to date Very low libido Infertility stress Very high libido Fear of rejection Workplace discrimination Avoiding social situations Fear of losing spouse or partner Feeling unworthy of having a partner  Depression Isolation Tearfulness Helplessness Heppelssness Feeling suicidal Mood swings/moodiness Depression/feeling the blues  Feeling different from others Feeling lack of control over body Confusion about how help yourself Physical appearance Embarrassment  Eating Problems Over-exercising Eating disorders Eating disorders Eating disorders Eating dos much Restrictive eating Not eating enough Uncontrolled overeating Unmanageable food cravings  Fear and Anxiety Feeling fearful Worrying a lot Often feeling tense Fearing for the future Fear of getting cancer		☐ Acute self-consciousness
Feeling lack of control over body   Confusion about how help yourself   Physical appearance Embarrassment	□ Sleeping too much	□ Feeling unattractive/unsexy
Confusion about how help yourself   Physical appearance Embarrassment     Afraid to date   Physical appearance Embarrassment     Physical appear		☐ Feeling different from others
Afraid to date   Very low libido   Infertility stress   Very high libido   Fear of rejection   Workplace discrimination   Avoiding social situations   Fear of losing spouse or partner   Feeling unworthy of having a partner   Depression   Isolation   Tearfulness   Helplessness   Hopelessness   Hopelessness   Feeling suicidal   Mood swings/moodiness   Depression/feeling the blues  Anger and Irritability    Contusion about now help yourseif   Physical appearance Embarrassment	Dolationship/Sound Duablems	□ Feeling lack of control over body
Very low libido	·	□ Confusion about how help yourself
Infertility stress		☐ Physical appearance Embarrassment
Very high libido       Eating Problems         □ Fear of rejection       □ Binge eating         □ Workplace discrimination       □ Over-exercising         □ Avoiding social situations       □ Eating disorders         □ Fear of losing spouse or partner       □ Restrictive eating         □ Not eating enough       □ Uncontrolled overeating         □ Unmanageable food cravings         □ Helplessness       □ Unmanageable food cravings         □ Helplessness       □ Worrying a lot         □ Feeling suicidal       □ Often feeling tense         □ Mood swings/moodiness       □ Fearing for the future         □ Depression/feeling the blues       □ Fear of getting cancer     Physical Symptoms	•	
Fear of rejection	•	Eating Problems
□ Workplace discrimination       □ Over-exercising         □ Avoiding social situations       □ Eating disorders         □ Fear of losing spouse or partner       □ Restrictive eating         □ Restrictive eating       □ Not eating enough         □ Uncontrolled overeating       □ Unmanageable food cravings         □ Isolation       □ Fear and Anxiety         □ Helplessness       □ Worrying a lot         □ Helplessness       □ Often feeling tense         □ Mood swings/moodiness       □ Fearing for the future         □ Depression/feeling the blues       □ Fear of getting cancer		☐ Binge eating
□ Avoiding social situations □ Eating disorders   □ Fear of losing spouse or partner □ Restrictive eating   □ Feeling unworthy of having a partner □ Not eating enough   □ Uncontrolled overeating □ Unmanageable food cravings   □ Isolation □ Fear and Anxiety   □ Helplessness □ Feeling fearful   □ Hopelessness □ Worrying a lot   □ Feeling suicidal □ Often feeling tense   □ Mood swings/moodiness □ Fearing for the future   □ Depression/feeling the blues □ Fear of getting cancer    Physical Symptoms	·	□ Over-exercising
Fear of losing spouse or partner   Restrictive eating   Not eating enough   Uncontrolled overeating   Unmanageable food cravings	·	□ Eating disorders
□ Feeling unworthy of having a partner  □ Depression □ Isolation □ Tearfulness □ Helplessness □ Hopelessness □ Feeling suicidal □ Mood swings/moodiness □ Depression/feeling the blues □ Physical Symptoms □ Not eating enough □ Uncontrolled overeating □ Unmanageable food cravings □ Unmanageable food cravings □ Unmanageable food cravings □ Unmanageable food cravings □ Fear and Anxiety □ Feeling fearful □ Often feeling tense □ Fear of getting cancer	-	□ Eating too much
Depression   Isolation   Tearfulness   Helplessness   Hopelessness   Feeling suicidal   Mood swings/moodiness   Depression/feeling the blues    Not eating enough   Uncontrolled overeating   Unmanageable food cravings    Fear and Anxiety   Feeling fearful   Worrying a lot   Often feeling tense   Fearing for the future   Fear of getting cancer    Physical Symptoms		□ Restrictive eating
Depression       □ Unmanageable food cravings         □ Isolation       Fear and Anxiety         □ Helplessness       □ Feeling fearful         □ Hopelessness       □ Worrying a lot         □ Feeling suicidal       □ Often feeling tense         □ Mood swings/moodiness       □ Fearing for the future         □ Depression/feeling the blues       □ Fear of getting cancer    Physical Symptoms	Treeling unworthy of having a partner	□ Not eating enough
□ Isolation   □ Tearfulness   □ Helplessness   □ Hopelessness   □ Feeling suicidal   □ Mood swings/moodiness   □ Depression/feeling the blues    Fear and Anxiety  □ Feeling fearful  □ Often feeling tense  □ Fearing for the future  □ Fear of getting cancer  Physical Symptoms		☐ Uncontrolled overeating
☐ Tearfulness       Fear and Anxiety         ☐ Helplessness       ☐ Feeling fearful         ☐ Hopelessness       ☐ Worrying a lot         ☐ Feeling suicidal       ☐ Often feeling tense         ☐ Mood swings/moodiness       ☐ Fearing for the future         ☐ Depression/feeling the blues       ☐ Fear of getting cancer    Physical Symptoms		□ Unmanageable food cravings
☐ Helplessness       ☐ Feeling fearful         ☐ Hopelessness       ☐ Worrying a lot         ☐ Feeling suicidal       ☐ Often feeling tense         ☐ Mood swings/moodiness       ☐ Fearing for the future         ☐ Depression/feeling the blues       ☐ Fear of getting cancer    Anger and Irritability Physical Symptoms		
<ul> <li>Hopelessness</li> <li>Feeling suicidal</li> <li>Mood swings/moodiness</li> <li>Depression/feeling the blues</li> <li>Anger and Irritability</li> <li>Worrying a lot</li> <li>Often feeling tense</li> <li>Fearing for the future</li> <li>Fear of getting cancer</li> </ul> Physical Symptoms	<del></del>	Fear and Anxiety
<ul> <li>□ Feeling suicidal</li> <li>□ Mood swings/moodiness</li> <li>□ Depression/feeling the blues</li> <li>□ Fearing for the future</li> <li>□ Fear of getting cancer</li> </ul> Anger and Irritability Physical Symptoms	•	☐ Feeling fearful
<ul> <li>☐ Mood swings/moodiness</li> <li>☐ Depression/feeling the blues</li> <li>☐ Fearing for the future</li> <li>☐ Fear of getting cancer</li> </ul> Anger and Irritability Physical Symptoms		□ Worrying a lot
□ Depression/feeling the blues □ Fear of getting cancer  Anger and Irritability □ Physical Symptoms □ Phy	☐ Feeling suicidal	Often feeling tense
Anger and Irritability Physical Symptoms	☐ Mood swings/moodiness	☐ Fearing for the future
Anger and Irritability Physical Symptoms	□ Depression/feeling the blues	☐ Fear of getting cancer
	Anger and Irritability	Physical Symptoms
☐ Feeling tense	☐ Feeling tense	□ Acne
☐ Mood swings/moodiness ☐ Ovarian cysts	☐ Mood swings/moodiness	□ Ovarian cysts
□ Losing control of temper □ Hair loss on head	□ Losing control of temper	☐ Hair loss on head
☐ High levels of frustration ☐ Excess facial and body hair	☐ High levels of frustration	□ Excess facial and body hair
☐ Irregular periods/no periods		□ Irregular periods/no periods
Pain Issues   ☐ Infertility/trouble conceiving	Pain Issues	☐ Infertility/trouble conceiving
□ Increased pain □ Weight gain/abdominal		□ Weight gain/abdominal
□ Pain management issues □ Weight/difficult to lose weight		─ Weight/difficult to lose weight

If you've got several or most of these symptoms, ask your doctor about PCOS.

To read more go to PCOSwellness.com. Sign up for Dr. Gretchen's mailing list to receive a special gift.

Follow us on:



@AskDrGretchen
(f) @WellnessPCOS



Disclaimer: This checklist is not a substitute for professional assessment, consultation, or treatment. Use of this worksheet does not create or imply a relationship between Dr. Gretchen Kubacky and the patient or other user. If you are feeling suicidal, contact local emergency services by telephone, or go directly to your nearest emergency room.