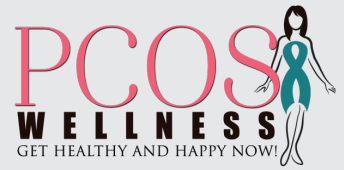


Psychological Symptoms Associated with Polycystic Ovary Syndrome (PCOS)



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.

Sleep Problems

- ☐ Brain fog
- ☐ Fatigue
- ☐ Not sleeping well
- ☐ Inadequate sleep
- ☐ Sleeping too much

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
- ☐ Hopelessness
- ☐ Feeling suicidal
- ☐ Mood swings/moodiness
- ☐ Depression/feeling the blues

Anger and Irritability

- ☐ Feeling tense
- ☐ Mood swings/moodiness
- ☐ Losing control of temper
- ☐ High levels of frustration

Pain Issues

- ☐ Increased pain
- ☐ Pain management issues

Shame and Embarrassment

- ☐ Self loathing
- ☐ Poor self-esteem
- ☐ Loss of femininity
- ☐ Acute self-consciousness
- ☐ Feeling unattractive/unsexy
- ☐ Feeling different from others
- ☐ Feeling lack of control over body
- ☐ Confusion about how help yourself
- ☐ Physical appearance Embarrassment

Eating Problems

- ☐ Binge eating
- ☐ Over-exercising
- ☐ Eating disorders
- ☐ Eating too 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

Physical Symptoms

- ☐ Acne
- ☐ Ovarian cysts
- ☐ Hair loss on head
- ☐ Excess facial and body hair
- ☐ Irregular periods/no periods
- ☐ Infertility/trouble conceiving
- ☐ Weight gain/abdominal
- ☐ 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.

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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.