### Which of the following symptoms apply to you at this time? Please mark the appropriate box for each symptom. For symptoms that do not apply, please mark “none”.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Score</th>
<th>none</th>
<th>mild</th>
<th>moderate</th>
<th>severe</th>
<th>extremely severe</th>
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<tbody>
<tr>
<td>1. Decline in your feeling of general well-being (general state of health, subjective feeling)</td>
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<td>2. Joint pain and muscular ache (lower back pain, joint pain, pain in a limb, general backache)</td>
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<td>3. Excessive sweating (unexpected/sudden episodes of sweating, hot flushes independent of strain)</td>
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<td>4. Sleep problems (difficulty in falling asleep, difficulty in sleeping through, waking up early and feeling tired, poor sleep, sleeplessness)</td>
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<td>5. Increased need for sleep, often feeling tired</td>
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<td>6. Irritability (feeling aggressive, easily upset about little things, moody)</td>
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<td>7. Nervousness (inner tension, restlessness, feeling fidgety)</td>
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<td>8. Anxiety (feeling panicky)</td>
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<td>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)</td>
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<td>10. Decrease in muscular strength (feeling of weakness)</td>
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<td>11. Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings, feeling nothing is of any use)</td>
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<td>12. Feeling that you have passed your peak</td>
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<td>13. Feeling burnt out, having hit rock bottom</td>
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<td>14. Decrease in beard growth</td>
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<td>15. Decrease in ability/frequency to perform sexually</td>
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<td>16. Decrease in the number of morning erections</td>
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<td>17. Decrease in sexual desire/libido (lacking pleasure in sex, lacking desire for sexual intercourse)</td>
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Have you got any major symptoms? [ ] Yes [ ] No

If yes, please describe:
<table>
<thead>
<tr>
<th>Question number</th>
<th>Score</th>
<th>Psychological Subscale</th>
<th>Somatic Subscale</th>
<th>Sexual Subscale</th>
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<thead>
<tr>
<th>Sum of scores</th>
<th>Sum-score</th>
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<tbody>
<tr>
<td></td>
<td>PSYCHOLOGICAL</td>
<td>SOMATIC</td>
<td>SEXUAL</td>
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Total sum of scores of all subscales = Total score: