MEDI-Q - Scoring Instructions

STEP 1 – Sub-items computation

- For each item (1-25):

1. Assign a frequency score (A) based on the answer to Question A, as follows:

2	**1**	**0**
Yes, more than half of the times I've had my period	Yes, less than half the times I've had my period	No

For item 25, use the scores reported in parentheses.
For items with a frequency score equal to zero, it is possible to directly assign a final item score of zero since the remaining subitems B, C and D have not been filled out.

2. Assign a menstrual distress score (B) based on the answer to Question B, as follows:

0	**1**	**2**	**3**
Not at all	A little	Moderately	Very much

3. Assign a premenstrual distress score (C) based on the answer to Question C, as follows:

0	**1**	**2**	**3**
Not at all *or* Never had this symptom during the premenstrual phase	A little	Moderately	Very much

4. Assign an intermenstrual distress score (D) based on the answer to Question D, as follows:

0	**1**	**2**	**3**
Not at all *or* Never had this symptom during the other days	A little	Moderately	Very much

5. Compute the Δ Distress score, by subtracting D from B: Δ Distress score = B – D
If the result is negative, use a score of 0 instead.

6. Compute the final item score, based on its frequency score (A) and its Δ Distress score as follows:

		Frequency score (sub-item A)		
		0	**1**	**2**
Δ Distress score (B – D)	**0**	0	0	0
	1	0	1	2
	2	0	2	4
	3	0	3	5

An easy way to accomplish this is to simply multiply the Frequency score by the Δ Distress score, and if the result of the multiplication is equal to 6, use a score of 5 instead.

© 2023 Cassioli et al. This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0).

STEP 2 – General distress indices computation

1. *MEDI-Q Total Score*: add up all the item scores calculated in the previous step. This score ranges from a minimum of 0 to a maximum of 125.
2. *MEDI-Q Menstrual Symptoms (MS)*: the total number of items for which the final score is greater than zero. It indicates the number of symptoms that cause greater distress during the menstrual period compared to the intermenstrual period. This score ranges from a minimum of 0 to a maximum of 25.
3. *MEDI-Q Menstrual Symptoms Distress (MSD)*: it is calculated by dividing the MEDI-Q Total Score by MEDI-Q MS. It indicates the average distress of menstrual symptoms for which the subject reported an exacerbation compared to the intermenstrual phase. This score ranges from a minimum of 0 to a maximum of 5.
4. *MEDI-Q Menstrual Specificity Index (MESI)*: it indicates the proportion of symptoms for which the subject reported an exacerbation during the menstrual phase compared to both the premenstrual and intermenstrual phases. It is calculated by counting the number of items for which the score for subitem B is greater than both C and D, and dividing this number by MEDI-Q MS. This score is between 0 and 1, where 0 indicates that all menstrual symptoms cause the same distress even in the premenstrual phase, while 1 indicates that all symptoms cause greater distress in the menstrual phase compared to the premenstrual phase.

Citations

- Vannuccini, S., Rossi, E., Cassioli, E., Cirone, D., Castellini, G., Ricca, V., & Petraglia, F. (2021). Menstrual Distress Questionnaire (MEDI-Q): a new tool to assess menstruation-related distress. *Reproductive Biomedicine Online*, 43(6), 1107–1116. https://doi.org/10.1016/j.rbmo.2021.08.029

- Cassioli, E., Rossi, E., Melani, G., Faldi, M., Rellini, A. H., Wyatt, R. B., Oester, C., Vannuccini, S., Petraglia, F., Ricca, V., & Castellini, G. (2023). The Menstrual Distress Questionnaire (MEDI-Q): Reliability and validity of the English version. *Gynecological Endocrinology*, 39(1). https://doi.org/10.1080/09513590.2023.2227275

© 2023 Cassioli et al. This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0).