This worksheet is designed to evaluate whether a given menstrual cycle shows the required symptom pattern to meet DSM-5 PMDD criteria. This is determined based on the trajectory of a woman’s symptoms (as rated daily on the Daily Record of Severity of Problems or DRSP; Endicott, Harrison, & Nee, 2006) across one “cycle”—defined by the C-PASS as one perimenstrual phase (the premenstrual week of one biological menstrual cycle and the postmenstrual week of the next menstrual cycle). Note that this worksheet provides a cycle-level diagnosis; in order to diagnose a woman with MRMD (>=1 affective symptom) or PMDD (>=5 symptoms per cycle, >=1 affective symptom), at least two symptomatic cycles are required. Also note that DRSP items 20 and 22-24 are not included in DSM-5 criteria.

Premenstrual phase: days -7 to -1 where day -1 represents the day prior to menstrual onset
Postmenstrual phase: days 4 to 10 where day 1 represents menstrual onset

Start in the upper left corner and work across to the right by row:

1. **Absolute severity of DRSP item in the premenstrual phase:**
   a. Identify the highest rating for this DRSP item in the premenstrual phase
   b. If the rating is >= 4, circle Y; otherwise circle N

2. **Duration of symptom in the premenstrual phase:**
   a. Count the number of days in the premenstrual phase with an item rating >= 4
   b. If there are at least two such days, circle Y; otherwise circle N

3. **Relative symptom change from premenstrual to postmenstrual phase:**
   a. Calculate the premenstrual mean by averaging the item ratings in the premenstrual phase
   b. Calculate the postmenstrual mean by averaging the item ratings in the postmenstrual phase
   c. Calculate the raw cyclical change by subtracting the postmenstrual from the premenstrual mean
   d. Calculate the woman’s “range of scale used” by subtracting 1 from the woman’s maximum rating across all DRSP responses in *all cycles* (this will be constant within a given woman)
   e. Calculate the percent change relative to the range of scale used by dividing the raw cyclical change (step 3c) by the range of scale used (step 3d) and multiply this number by 100
   f. If this number is bigger than/equal to 30, circle Y; otherwise, circle N

4. **Absolute clearance of symptoms in the postmenstrual phase:**
   a. Identify the highest item rating in the postmenstrual phase
   b. If the rating is <=4, circle Y; otherwise circle N

5. **Does the DRSP item meet criteria in this cycle?**
   a. If you circled Y in steps 1 to 4, circle Y; otherwise circle N

6. **Does the DSM-5 symptom meet criteria in this cycle?**
   a. If the DSM-5 symptom is represented by multiple DSRP items, circle Y if at least one of the corresponding DRSP items meets criteria (see step 5); otherwise circle N
   b. If the DSM-5 symptom is represented by one DRSP item, circle Y if the corresponding DRSP item meets criteria (see step 5); otherwise circle N

7. **Does a core emotional symptom meet criteria in this cycle?**
   a. If at least one of the DSM-5 core emotional symptoms (Depression, Anxiety, Mood Lability, or Anger/Irritability) meets criteria, circle Y; otherwise circle N

Move down to the lower box labeled “Cycle-level scoring”:

8. **Does a core emotional symptom meet criteria this cycle?**
   a. If step 7 shows a circled Y, circle Y; otherwise circle N

9. **Do at least 5 DSM-5 symptoms meet criteria this cycle?**
   a. Count the number of DSM-5 symptoms meeting criteria (see step 6)
   b. If at least five DSM-5 symptoms meet criteria this cycle, circle Y; otherwise circle N

10. **Cycle-level diagnosis**
   a. If step 8 shows a circled N, circle “no cycle diagnosis”
   b. If step 8 shows a circled Y and step 9 shows a circled N, circle “MRMD cycle diagnosis”
   c. If step 8 shows a circled Y and step 9 shows a circled Y, circle “PMDD cycle diagnosis”
**C-PASS: CYCLE #__**

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<tr>
<td>Pre-menstrual Max</td>
<td>IF &gt;4, CIRCLE ELSE CIRCLE N</td>
<td>Count # of Severe Days: Day 7 to -1 where Item Rating is &gt;4</td>
<td>Pre-menstrual Mean</td>
<td>Post-Menstrual Mean</td>
<td>Raw Cyclical Change</td>
<td>Woman's Scale Range (Constant)</td>
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**INSTRUCTIONS:** Start Here and Work Across the Right by Row. Day -1 = Day before the Onset of Menstrual Period; Day 1 = Onset of Menstrual Period.

**Core Emotional Symptoms**

- **DRSP1 - Depressed, Blue**: Y or N
- **DRSP2 - Hopelessness**: Y or N
- **DRSP3 - Worthlessness or Guilt**: Y or N
- **DRSP4 - Anxiety**: Y or N
- **DRSP5 - Mood Swings**: Y or N
- **DRSP7 - Anger or Irritability**: Y or N
- **DRSP8 - Interpersonal Conflict**: Y or N
- **DRSP9 - Less Interest**: Y or N
- **DRSP10 - Difficulty Concentrating**: Y or N
- **DRSP11 - Lethargy**: Y or N
- **DRSP12 - Appetite, Overeating**: Y or N
- **DRSP13 - Food Cravings**: Y or N
- **DRSP14 - Hypersomnia**: Y or N
- **DRSP15 - Insomnia**: Y or N
- **DRSP16 - Overwhelmed**: Y or N
- **DRSP17 - Out of Control**: Y or N
- **DRSP18 - Breast Tenderness**: Y or N
- **DRSP19 - Swelling, Bloating**: Y or N
- **DRSP20 - Headache**: Y or N
- **DRSP21 - Joint, Muscle Pain**: Y or N

**Secondary Symptoms**

- **DRSP1 - Difficulty Concentrating**: Y or N
- **DRSP2 - Hopelessness**: Y or N
- **DRSP3 - Worthlessness or Guilt**: Y or N
- **DRSP4 - Anxiety**: Y or N
- **DRSP5 - Mood Swings**: Y or N
- **DRSP7 - Anger or Irritability**: Y or N
- **DRSP8 - Interpersonal Conflict**: Y or N
- **DRSP9 - Less Interest**: Y or N
- **DRSP10 - Difficulty Concentrating**: Y or N
- **DRSP11 - Lethargy**: Y or N
- **DRSP12 - Appetite, Overeating**: Y or N
- **DRSP13 - Food Cravings**: Y or N
- **DRSP14 - Hypersomnia**: Y or N
- **DRSP15 - Insomnia**: Y or N
- **DRSP16 - Overwhelmed**: Y or N
- **DRSP17 - Out of Control**: Y or N
- **DRSP18 - Breast Tenderness**: Y or N
- **DRSP19 - Swelling, Bloating**: Y or N
- **DRSP20 - Headache**: Y or N
- **DRSP21 - Joint, Muscle Pain**: Y or N

**Interference**

- **DRSP22 - Work Interference**: Y or N
- **DRSP23 - Hobby Interference**: Y or N
- **DRSP24 - Relationship Interference**: Y or N

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**CYCLE-LEVEL SCORING**

**DSM-5 CRITERION A: CORE EMOTIONAL SYMPTOM:** Does a core emotional symptom meet criteria this cycle?

**DSM-5 CRITERION B: NUMBER OF SYMPTOMS:** Do at least 5 DSM-5 symptoms meet criteria this cycle?

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