

## The Carolina Premenstrual Assessment Scoring System (C-PASS; Eisenlohr-Moul et al., 2016):

### Instructions for Scoring the Cycle-Level Worksheet

Tory Eisenlohr-Moul, Ph.D.

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 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 *premenstrual 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 ( $\geq 1$  affective symptom) or PMDD ( $\geq 5$  symptoms per cycle,  $\geq 1$  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:**

- Identify the highest rating for this DRSP item in the premenstrual phase
- If the rating is  $\geq 4$ , circle Y; otherwise circle N

##### 2. **Duration of symptom in the premenstrual phase:**

- Count the number of days in the premenstrual phase with an item rating  $\geq 4$
- If there are at least two such days, circle Y; otherwise circle N

##### 3. **Relative symptom change from premenstrual to postmenstrual phase:**

- Calculate the premenstrual mean by averaging the item ratings in the premenstrual phase
- Calculate the postmenstrual mean by averaging the item ratings in the postmenstrual phase
- Calculate the raw cyclical change by subtracting the postmenstrual from the premenstrual mean
- 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)
- 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
- If this number is bigger than/equal to 30, circle Y; otherwise, circle N

##### 4. **Absolute clearance of symptoms in the postmenstrual phase:**

- Identify the highest item rating in the postmenstrual phase
- If the rating is  $\leq 3$ , circle Y; otherwise circle N

##### 5. **Does the DRSP item meet criteria in in this cycle?**

- 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?**

- If the DSM-5 symptom is represented by multiple DRSP items, circle Y if at least one of the corresponding DRSP items meets criteria (see step 5); otherwise circle N
- 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?**

- 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?**

- If step 7 shows a circled Y, circle Y; otherwise circle N

##### 9. **Do at least 5 DSM-5 symptoms meet criteria this cycle?**

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

##### 10. **Cycle-level diagnosis**

- If step 8 shows a circled N, circle "no cycle diagnosis"
- If step 8 shows a circled Y and step 9 shows a circled N, circle "MRMD cycle diagnosis"
- If step 8 shows a circled Y and step 9 shows a circled Y, circle "PMDD cycle diagnosis"

C-PASS: CYCLE # ___		CLINICAL SIGNIFICANCE DIMENSIONS				CYCLICITY DIMENSIONS										DOES DRSP ITEM MEET CRITERIA?	DSM-5 SYMPTOM DOMAIN	DOES DSM-5 SYMPTOM MEET CRITERIA?	DOES A CORE EMOTIONAL SYMPTOM MEET CRITERIA?
		Absolute Severity		Duration		Relative Symptom Change						Absolute Clearance							
		Pre-menstrual Max	IF >=4, CIRCLE Y; ELSE, CIRCLE N	# of Severe (>=4) Days	IF >=2, CIRCLE Y; ELSE, CIRCLE N	Pre-menstrual Mean	Post-menstrual Mean	Raw Cyclical Change	Woman's Scale Range (Constant)	Cyclical Change as % of Scale Range	IF >=30%, CIRCLE Y; ELSE, CIRCLE N	Post-menses Maximum	IF <=3, CIRCLE Y; ELSE, CIRCLE N	IF ALL DIMENSIONS IN ROW=Y, CIRCLE Y; ELSE CIRCLE N					
Identify Highest Item Rating Day -7 to -1		Count Number of Days Day -7 to -1 where Item Rating is >=4		Calculate Average Item Rating Day -7 to -1	Calculate Average Item Rating Day 4 to 10	Subtract Post-menstrual Mean from Pre-menstrual Mean	Calculate Range: (Max Rating Across ALL DRSP Responses - 1)	Divide Raw Cyclical Change by Scale Range, then Multiply by 10		Identify Highest Item Rating Day 4 to 10									
Core Emotional Symptoms	DRSP1 - Depressed, Blue	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	DEPRESSION	Y or N	Y or N				
	DRSP2 - Hopelessness	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	ANXIETY	Y or N					
	DRSP3 - Worthlessness or Guilt	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	MOOD LABILITY	Y or N					
	DRSP4 - Anxiety	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	ANGER	Y or N					
	DRSP5 - Mood Swings	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	INTEREST	Y or N					
	DRSP6 - Rejection Sensitivity	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	CONCENTRATION	Y or N					
	DRSP7 - Anger or Irritability	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	LETHARGY	Y or N					
	DRSP8 - Interpersonal Conflict	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	APPETITE	Y or N					
Secondary Symptoms	DRSP9 - Less Interest	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	SLEEP	Y or N					
	DRSP10 - Difficulty Concentrating	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	OVERWHELM	Y or N					
	DRSP11 - Lethargy	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N	PHYSICAL	Y or N					
	DRSP12 - Appetite, Overeating	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP13 - Food Cravings	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP14 - Hypersomnia	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP15 - Insomnia	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP16 - Overwhelmed	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP17 - Out of Control	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP18 - Breast Tenderness	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
Interference	DRSP19 - Swelling, Bloating	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP20 - Headache																		
	DRSP21 - Joint, Muscle Pain	Y or N	Y or N	-	=	/	=	Y or N	Y or N	Y or N	Y or N	Y or N							
	DRSP22 - Work Interference																		
	DRSP23 - Hobby Interference																		
	DRSP24 - Relationship Interference																		
<b>CYCLE-LEVEL SCORING</b>																			
DSM-5 CRITERION A: CORE EMOTIONAL SYMPTOM: Does a core emotional symptom meet criteria this cycle?														YES or NO					
DSM-5 CRITERION B: NUMBER OF SYMPTOMS: Do at least 5 DSM-5 symptoms meet criteria this cycle?														Count # of Ys Above: ___	YES or NO				
IF A=NO, CYCLE DOES NOT MEET MRMD or PMDD CRITERIA; CIRCLE "NO CYCLE DIAGNOSIS" AT RIGHT														NO CYCLE DIAGNOSIS					
IF A=YES and B=NO, CYCLE MEETS MRMD CRITERIA; CIRCLE "CYCLE-LEVEL MRMD DIAGNOSIS" AT RIGHT														MRMD CYCLE DIAGNOSIS					
IF A=YES and B=YES, CYCLE MEETS PMDD CRITERIA; CIRCLE "CYCLE-LEVEL PMDD DIAGNOSIS" AT RIGHT														PMDD CYCLE DIAGNOSIS					