

The Premenstrual Coping Measure

Women cope with their premenstrual experience in a variety of ways. We are interested in what you do when you are premenstrual. Tick the response choice which indicates how the following statements apply to your premenstrual experience.

Coping Statements	Doesn't apply to me	Seldom applies to me	Some- times applies to me	Applies to me	Almost always applies to me
1. I avoid situations that have the potential to provoke me					
2. I avoid people that have the potential to provoke me					
3. I avoid raising topics that have the potential to create conflict					
4. I remove myself from a situation if it starts to provoke me					
5. I avoid situations where I know I will feel vulnerable					
6. I avoid having conversations that are liable to upset me					
7. I try to avoid dealing with difficult family issues					
8. I challenge my negative thoughts					
9. I accept my changeable moods					
10. I am aware that my premenstrual changes are only temporary					
11. I think it is okay to be feeling differently when I am premenstrual					
12. I am aware of my bodily changes					
13. I think it is okay to be more emotional or sensitive when I am premenstrual					
14. I am aware of my emotional changes					
15. I think that my premenstrual changes are a normal part of a woman's experience					

Coping Statements	Doesn't apply to me	Seldom applies to me	Some- times applies to me	Applies to me	Almost always applies to me
16. I know that other women go through this					
17. I think it is okay that my physical needs may be different					
18. I know what I need to do to support myself					
19. I vent my feelings through emotional outbursts					
20. I decrease my social activities					
21. I focus less on the needs of others					
22. I exercise less					
23. I eat more sugary foods					
24. I spend time doing things that help me relax e.g. have a bath, massage, read a book					
25. I take time to focus on my own needs					
26. I allow myself extra time to rest					
27. I do things to make myself more comfortable					
28. I feel confident to tell people how I feel					
29. I feel confident to tell people what I need					
30. I tell others about how I am feeling					
31. I try not to express how I am feeling					
32. I ask for help from others					

Note to researchers

The PMCM has five subscales representing five premenstrual coping processes. The subscales are:-

Avoiding Harm: Items 1 – 8

Awareness and Acceptance of Premenstrual Change: Items 9 – 18

Adjusting Energy: Items 19 – 23

Self-Care: Items 24-27

Communicating: Items 28 - 32

Scoring is calculated on a 5-point scale with 1 being *Doesn't apply to me* and 5 being *Almost always applies to me*.

No total score is calculated.

Item 31 requires reverse scoring.