



Menopause Survey

1 in 3 people who are going through menopause say they wouldn't feel comfortable talking about it with their line manager.

Our survey template will help you find out what your people want and need in terms of menopause support.

We've put together a short questionnaire for you to use.

The survey should take less than 5 minutes.

1 What is your age?

Under 40

40 - 44

45 - 49

50 - 54

55 - 60

Over 60

2 Do you think you have reached menopause yet?

Yes

No

Not sure

3 How well do you understand the changes to your body that occur around the time of menopause?

Scale 1 - 10

1 2 3 4 5 6 7 8 9 10



4 Have you experienced symptoms that you think are due to the menopause?

Yes, in the past but not now

Yes, ongoing now

No

Not sure

5 How bothersome are these symptoms when you are at work?

Scale 1 - 10

1 2 3 4 5 6 7 8 9 10

6 Have you discussed your menopause symptoms with a line manager or equivalent?

I have discussed them

I haven't but I plan to

I haven't needed to

I'd like to but I don't feel comfortable discussing them

7 Do you feel your menopause symptoms affect your ability to do your day-to-day work?

No symptoms

Not at all

They cause slight difficulties

They cause moderate difficulties

They cause major problems

8 In the past year, how much time have you taken off work because of menopause? (Either using sickness or annual leave.)

None

1 - 5 days

5 - 12 days

More than 12 days



9 Is there anything at work that would make it easier to manage your symptoms?

Yes

No

Not needed

Comments:

10 If you are a manager, have you been offered specific education or training for managers around menopause?

Yes

No

Not sure

I'm not a manager

11 How easy have you found it to source support and advice about menopause that is personal to you?

Scale 1 - 10

1 2 3 4 5 6 7 8 9 10



12 Would you be interested in information about menopause being provided to you through your workplace?

No, not interested

Yes, interested

Not sure

13 What would be the best way to provide menopause support and information. (Tick those you think would be useful to you.)

Intranet resources

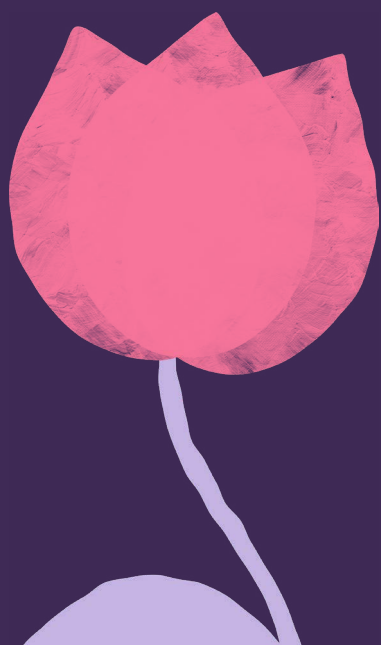
Leaflets and posters

Information sessions

Access to a menopause expert to ask personal questions

Access to a resource library of up-to-date, impartial support

Other (please specify)



Find out how personalised menopause support could benefit your people and your business

Take me there