

Menopause Survey

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

Share this anonymous survey with your people to find out what your people want and need in terms of menopause support



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

[**Take me there**](#)



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 the 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 think your menopause symptoms affect your ability to do your day-to-day work?

No, I don't have any symptoms

No, I have symptoms, but they don't interfere

Yes, I have symptoms, that cause slight difficulties

Yes, I have symptoms that cause moderate difficulties

Yes, I have symptoms that cause major problems

Yes, I have symptoms, but I'm not sure they are causing problems





8 In the past year, how much time have you taken off work because of menopausal symptoms or seeing health care providers? (Either using sickness or annual leave.)

(Symptoms such as sleep disturbances, exhaustion, difficulty concentrating, changes in mood or heavy bleeding.)

None

1 - 5 days

6 - 12 days

More than 12 days

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

Yes

No

Not needed

If yes, what would you suggest:



10 If you are a line manager, have you been offered specific education or training on menopause?

Yes

No

Not sure

I'm not a line manager

11 How easy have you found it to find 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? (Check 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)