Supplementary Table２

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| Hot flashes of face or upper body |
| Sweat easily |
| Unable to fall asleep at night |
| Fall asleep but often awake at night |
| Easily excitable, often irritable |
| Always anxious |
| Worry about minor things |
| Worry and often become depressed |
| Lack of energy, easily tired |
| Tired feeling of eyes |
| Forgetful |
| Dizziness |
| Heart pounds quickly |
| Tight feeling of chest |
| Headaches |
| Shoulder or neck stiffness |
| Back or low back pain |
| Joint of hands and feet painful |
| Coldness |
| Numbness of hands and feet |
| Recently sensitive to sound |