

# ASSESSING QUALITY OF LIFE, DEPRESSION, AND STRESS AMONG MENOPAUSAL WOMAN

Csetvei A<sup>1</sup>, Csákvári T<sup>2</sup>, Gombárovity E<sup>1</sup>, Verzár Z<sup>1</sup>, Betlehem J<sup>1</sup>, Püspök N<sup>1</sup>, Boncz I<sup>1</sup>, Pakai A<sup>3</sup>

1. University of Pécs Faculty of Health Sciences, Pécs, BA, Hungary,
2. University of Pécs Faculty of Health Sciences, Zalaegerszeg, ZA, Hungary,
3. University of Pécs Faculty of Health Sciences, Szombathely, ZA, Hungary

## OBJECTIVES

Menopause is often associated with symptoms of both physical and psychosocial forms. Our aim was to analyse the quality of life (QoL) of menopausal women, also to assess the severity of their symptoms and the level of depression and stress among them.

## METHODS

An online cross-sectional study was carried out between June and December 2023 on social media. Menopausal women aged 45-65 were selected with non-probability convenience and snowball methods (N=243). We excluded those who consumed alcohol and antidepressants and those who submitted incomplete questionnaires. Our self-administered questionnaire consisted of questions on socio-demographic data, changes in mood, and menopause. As for validated tools, we used the Menopause Rating Scale (MRS), the Perceived Stress Scale (PSS), the Short Form Health Survey (SF-36), and the Beck Depression Inventory (BDI). Descriptive and mathematical statistical analysis (chi-square test, t-test, correlation) were performed with Microsoft Excel software. Results were considered significant at  $p<0.05$ .

## RESULTS

SF-36 dimensions show a negative correlation with MRS, BDI, and PSS scores ( $p<0.05$ ), except from social functioning. Women with sleep problems have significantly higher MRS and BDI scores ( $p<0.05$ ). A moderate correlation was observed between BDI and MRS results ( $r=0.534$ ,  $p<0.05$ ). Optimistic women have significantly lower PSS and MRS scores compared to pessimistic women ( $p<0.05$ ).

## CONCLUSIONS

We conclude that severe depression, higher stress level and lower QoL are common among women going through menopause. We emphasize the need to involve menopausal women in group education sessions, as well as to seek professional help and make lifestyle changes.

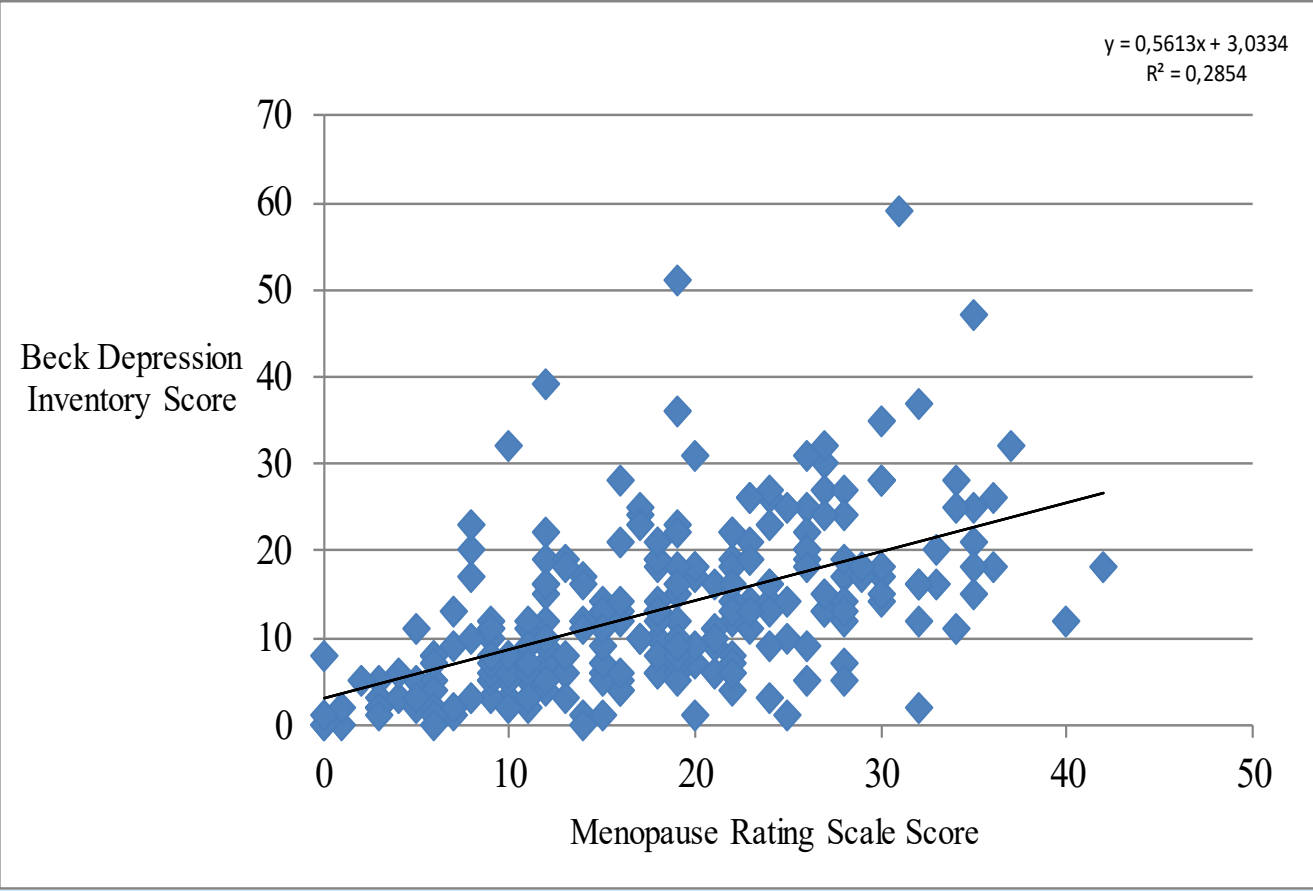


Figure 1.  
Correlation between Menopause Rating Scale and Beck Depression Inventory Scores

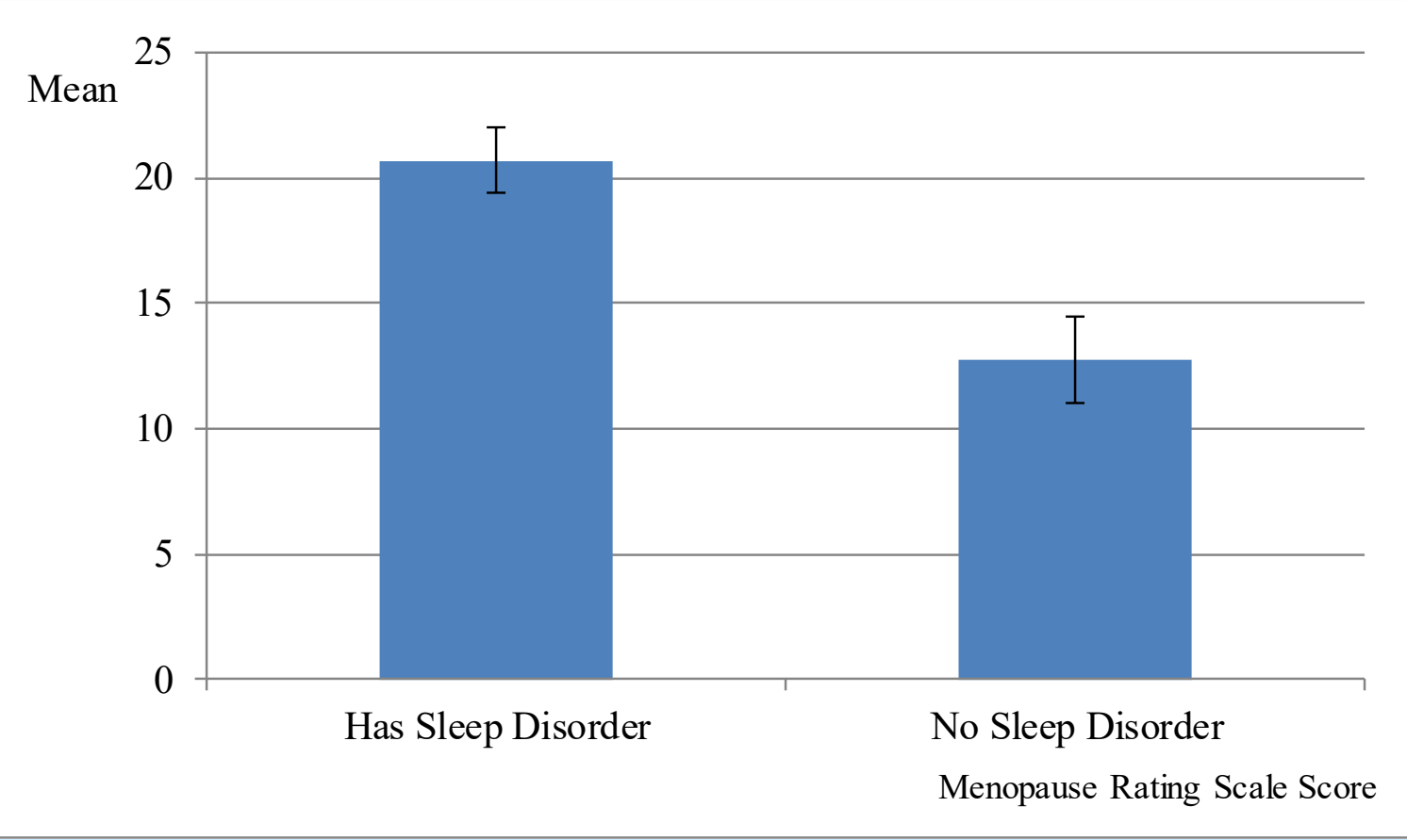


Figure 2.  
Menopause Rating Scale Scores in Women with and without Sleep Disorders

SF-36/MRS correlation	r-value	p-value
physical functioning	-0,346	$p<0,01$
role physical	-0,435	$p<0,01$
bodily pain	-0,423	$p<0,01$
general health	-0,417	$p<0,01$
vitality	-0,534	$p<0,01$
social functioning	-0,058	$p=0,367$
role emotional	-0,480	$p<0,01$
mental health	-0,568	$p<0,01$

Table 1.  
Correlation between Menopause Rating Scale and SF-36 Scores

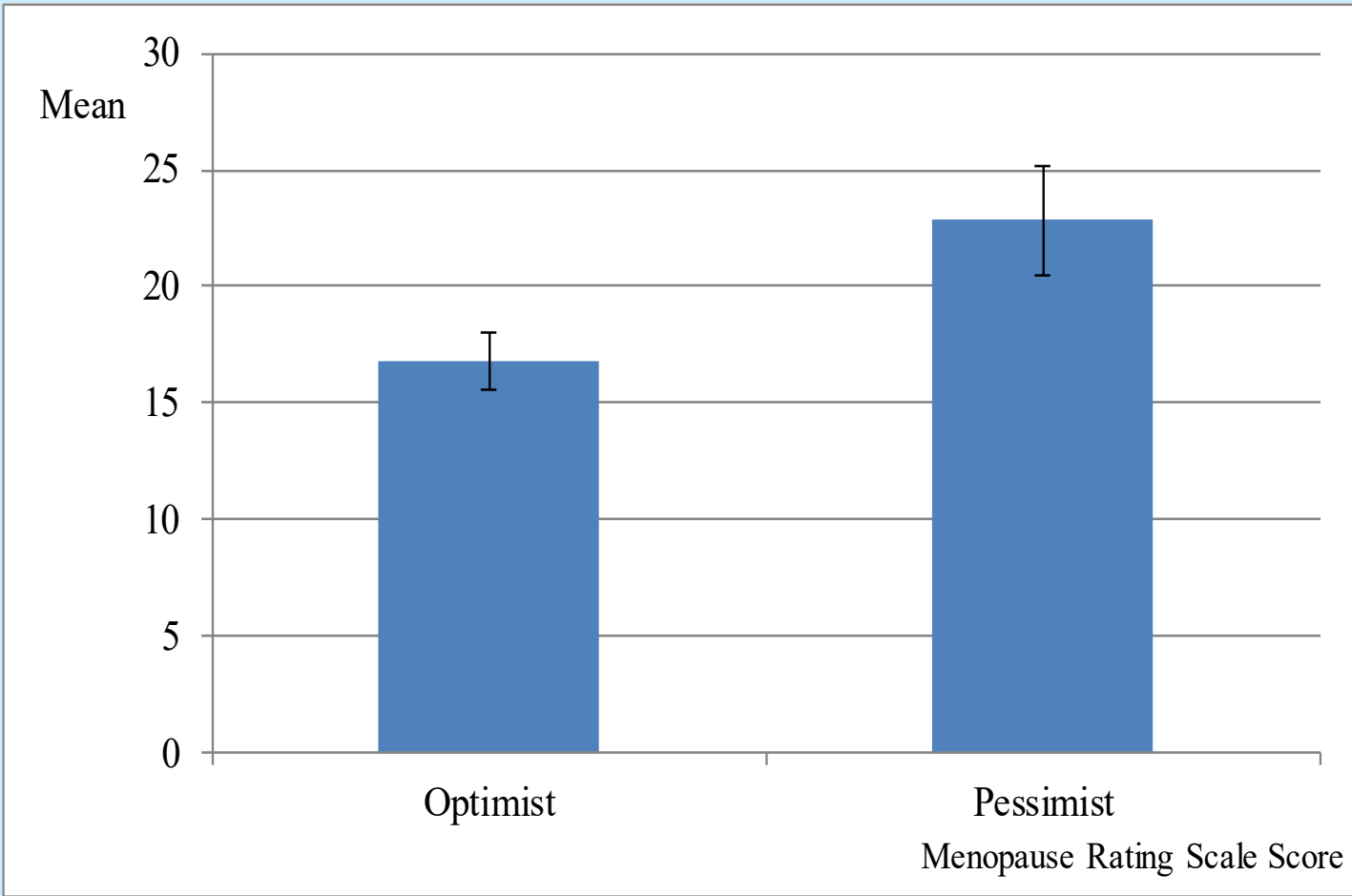


Figure 3.  
Menopause Rating Scale Scores in Optimistic vs. Pessimistic Women

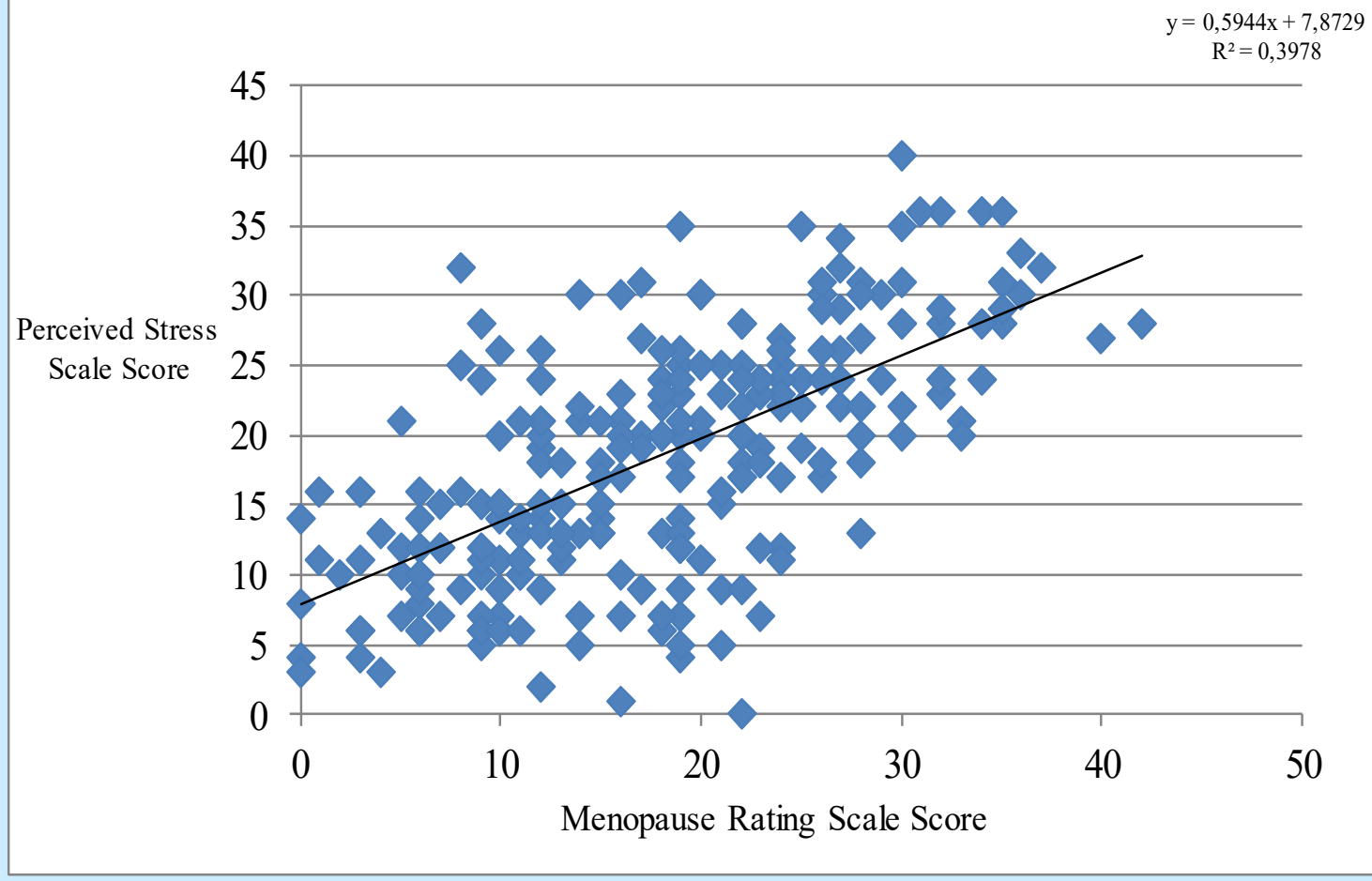


Figure 4.  
Correlation between Menopause Rating Scale and Perceived Stress Scale Scores

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**Corresponding author:**  
**Dr. Annamaria PAKAI, RN, MNS, PhD, Habil**  
University of Pécs, Faculty of Health Sciences, Hungary  
Institute of Emergency Care, Pedagogy of Health and Nursing Sciences  
E-mail: [annamaria.pakai@etk.pte.hu](mailto:annamaria.pakai@etk.pte.hu)

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