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Menopausal-specific quality of life symptoms and social support in Saudi women, Riyadh, Kingdom of Saudi Arabia

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Menopause is an important phase in women's life during which she undergoes physical, social and mental transition. The objective of this study was to assess the severity of the menopausal symptoms on quality of life and to explore their association with social support among Saudi women, in Riyadh, Saudi Arabia. A total of 542 Saudi menopausal women participated in a cross-sectional study conducted in 7 primary health care centers. Interviews were conducted privately and comprised of detailed socio-demographic history, menopausal specific quality of life questionnaire (MENQOL) and the social support survey instrument. MENQOL comprises of four domains and each measures the impact of symptoms based on likert scale. The scores were further divided into severe/moderate and mild/no symptoms category. The mean age of females was 58(\pm 7.0) years and the mean age at menopause was 49(\pm 4.7) years. The mean scores for vasomotor, psychosocial, physical and sexual domain were 2.8(\pm 1.9), 1.8(\pm 1.1), 3.2(\pm 1.3) and 1.7(\pm 1.3) respectively. The moderate/severe category found maximum number of women under physical domain (57%), followed by vasomotor (41%), psychosocial (14.4%) and sexual domain (12.7%). Multivariate logistic regression found that women who lack emotional or tangible social support have higher odds [1.5(1.1,2.3) and 1.7(1.2,2.6) respectively] for severe menopausal symptoms. In addition, working [1.8(1.1,3.2)] and obese women [2.0(1.0, 4.2)] also showed higher odds for severe/moderate menopausal symptoms. Healthy life style and strong social support networks can help women in decreasing the severe impact of menopausal symptoms.

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