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Quality of life in pre and postmenopausal Turkish and Polish women

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Purpose: The purpose of this research was to determine the relationship between menopausal symptoms and quality of life in women in the pre and postmenopausal periods in Turkey and Poland.

Materials & Methods: We accepted into the study 499 pre and post-menopausal women who registered in the Denizli/Turkey Pamukkale University Education and Research Hospital Obstetrics and Gynecology polyclinic and 302 pre and post-menopausal women who registered in the Białystok/Poland Medical University Clinical Hospital Obstetrics and Gynecology Clinic Polyclinic. A questionnaire asking for sociodemographic information, Kupperman Index, WHOQOL brief short form, Beck Depression scale were used in order to obtain data.

Findings: The mean ages of the Turkish population were 41.61±4.80 for the pre-menopausal women and 49.14±5.50 years for the post-menopausal women. The mean ages of the Polish population were 44.07±4.95 for the pre-menopausal women and 53.77±8.37 years for the -sh women in the post-menopausal period were significantly higher. When comparing the quality of life, although there was no significant difference in the general health and environment subscale of Turkish women, Physical health, psychological health and social relations were lower in the postmenopausal period. In Polish women, all quality of life subscale scores (general health, physical health, psychological health and social relations and environment) were lower in the postmenopausal period.

Conclusion: In pre- and post-menopausal Turkish women, there is no difference in the quality of life in general health and environment. Both the Turkish and Polish women in the post-menopausal period were found to have lower quality of life, more severe menopausal symptoms and more depressive symptoms.

Biography

Sevgi Ozkan has completed her Master and PhD degree at Ege University, Faculty of Nursing in İzmir. She became Professor in the Department of Obstetrics and Gynecologic Nursing in 2017. She is the Dean of the Nursing Department at Faculty of Health Science at Pamukkale University. She has published more than 30 papers in reputed journals and has been serving as Board Member of reputed journals.

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