Awareness and experience of andropause symptoms in men referred to health centers in Rasht

Guilan University of Medical Science, Iran

Introduction: Andropause is a gradual process and more similar to menopause in women with persistent and gradual decrease in the production of testosterone and Dehydroepiandroston (DHEA) in men. Knowledge and experience of symptoms of andropause is an important discussion in their lives.

Objective: The aim of this study is to determine the knowledge and experience of andropause in men referred to health centers in Rasht.

Material & Methods: This is a cross-sectional observational analytic study. 140 men in the study sample were non probability-purposive. Men over 40 years old were included. Data gathered by a questionnaire consisted of three parts, the first part of socio-demographic information, the second part questionnaire to assess knowledge and standard examination Ames (to check for signs of andropause), respectively. Information collected using descriptive statistics (mean, standard deviation, and frequency) analysis (Mann-Whitney and Kruskal-Wallis, ANOVA, Independent T-test) was analyzed.

Results: The mean age of the sample 52.09±7.96 (the age range 76-40) years. The mean knowledge score (of 20 score) for the 3.3±4.9, with the level of education, occupation and income was statistically significant (P<0.05). The results showed that 103% (73.6%) of the subjects experienced symptoms of andropause. There was significant relationship in the andropause symptoms with BMI and occupation (P<0.05).

Conclusion: Based on the results of this study, despite the fact that the majority of men over age 40 had experienced symptoms of andropause, but their awareness about andropause was very low. Therefore, education about andropause (male menopause) on the main aspects of academic studies program planners is to be considered.