



Prevalence of sexual problems according to perception of loneliness in Colombian climacteric women in the COVID-19 pandemic: A cross-sectional study



Alvaro Monterrosa-Castro, Angélica Monterrosa-Blanco

Grupo de Investigación Salud de la Mujer - Facultad de Medicina
Universidad de Cartagena
Colombia

Conflicts of interest: None
I have no financial relationships to disclose

INTRODUCTION

Loneliness and sexual problems (SP) of climacteric women are conditions that should be explored during a pandemic.
Studies are needed in this regard in the Latin American population

As a result of the COVID-19 pandemic, quarantine or confinement was one of the recommended measures.

Although it is related to a reduction in the risks of morbidity and mortality, it generates psychosocial problems, especially an increase in the perception of loneliness

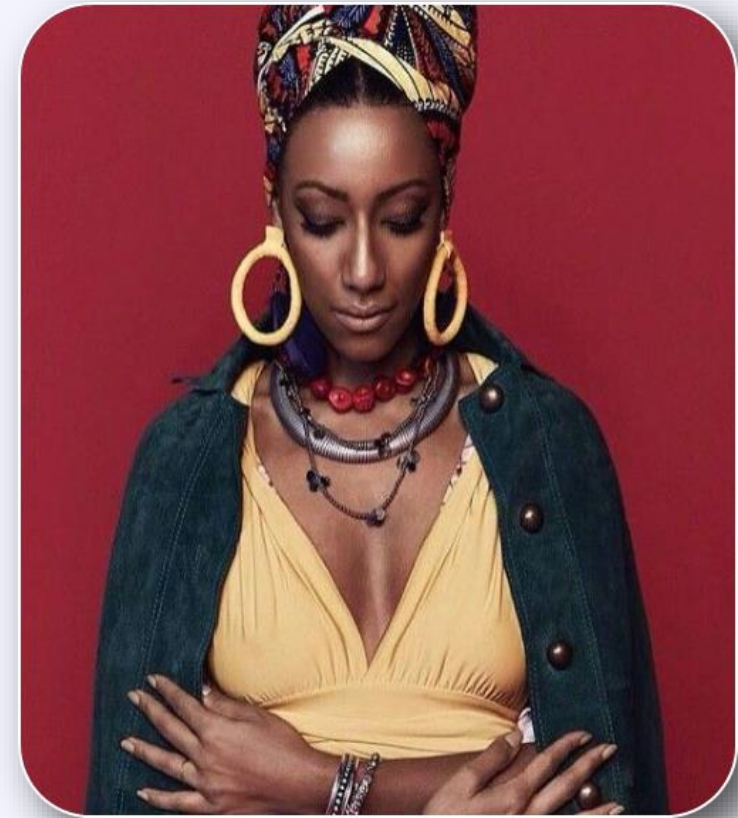
Objetive

to estimate the prevalence of SP according to the perception of loneliness in Colombian climacteric women during the COVID-19 pandemic

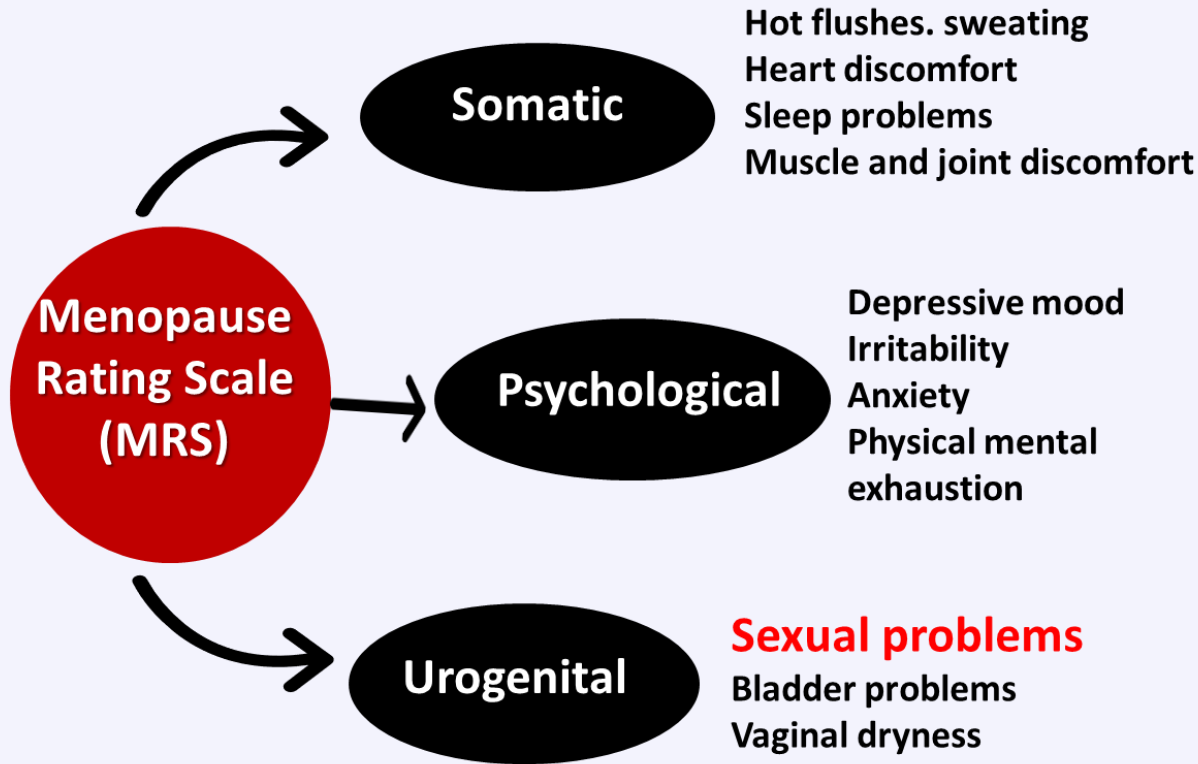


METHODS

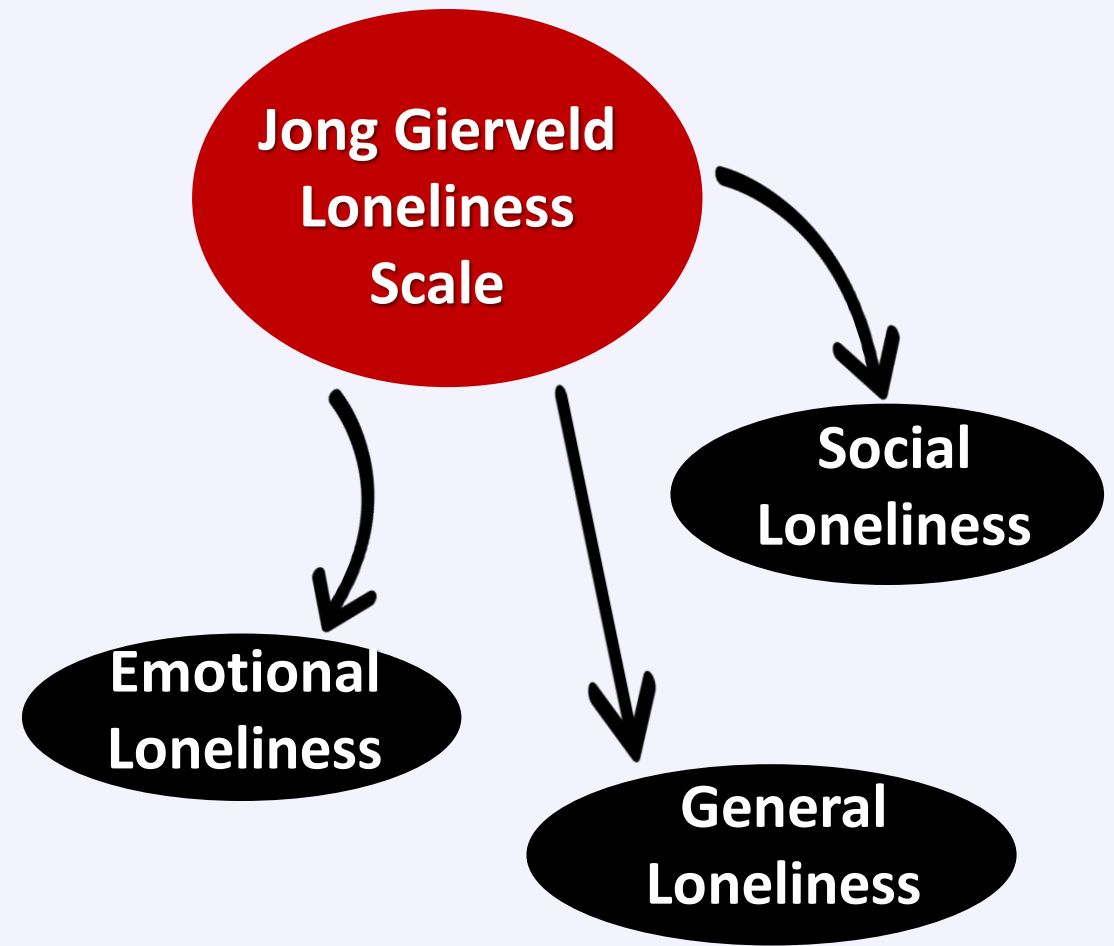
- Cross-sectional study
- CAVIMEC+COVID project (quality of life in menopause and Colombian ethnic groups in the pandemic)
- The women participated voluntarily, anonymously, and confidentially
- Participants were asked to apply their answers according to their perceptions between May 1-30, 2020
- In that period, due to COVID-19, the national government decreed lockdowns in the cities of Colombia
- The calculation of the sample size was made with data from the Colombian population census of 2005, which established a projection of 25,772,783 women for 2020; of these, 2,859,309 were between 40-59 years old
- A sample size of 664 women was calculated using the EPIDAT software
- Statistical analysis with Stata-16. $p < 0.05$: Statistically significant
- Approved by the ethics committee of the University of Cartagena, Colombia



METHODS



With item eight of the MRS the SP were explored
Sexual Problems
(changes in desire, activity, and sexual satisfaction)



- ❖ 984 women filled out the form
- ❖ Age 48.0 years old (IQR:42.0-53.5)
- ❖ 84.5% Hispanic
- ❖ 13.7% Afro descendant
- ❖ 1.7% indigenous
- ❖ 39.2% were postmenopausal



- ❖ 60.8% were premenopausal
- ❖ Age of menopause 49.0 (IQR:47.0-51.0)
- ❖ Year since last menopause: 5.0 (IQR:3.0-7.0)
- ❖ 57.3% High fear of COVID-19
- ❖ 7.9% Dysfunctional levels of anxiety with COVID-19
- ❖ 61.3% High religiosity

Perception of Loneliness

Emotional	433 (44.0%) [95%CI:40.9-47.1]
Social	415 (42.2%) [95%CI:39.1-45.3]
General	438 (44.5%) [95% CI:41.4-47.6]

Table 2. De Jong Gierveld Loneliness Scale

	Items	Yes No. (%)	More or less No. (%)	No No. (%)
1	There is always someone I can talk to about my day-to-day problems ^a	628 (63.9)	285 (28.9)	71 (7.2)
2	I miss having a really close friend ^b	216 (21.9)	217 (22.1)	551 (56.0)
3	I experience a general sense of emptiness ^b	115 (11.7)	233 (23.7)	636 (64.6)
4	There are plenty of people I can lean on when I have problems ^a	630 (64.0)	279 (28.4)	75 (7.6)
5	I miss the pleasure of the company of others ^b	250 (25.4)	248 (25.3)	486 (49.3)
6	I find my circle of friends and acquaintances too limited ^b	259 (26.3)	198 (20.2)	527 (53.5)
7	There are many people I can trust completely ^a	391 (39.7)	337 (34.3)	256 (26.0)
8	There are enough people I feel close ^a	524 (53.2)	268 (27.3)	192 (19.5)
9	I miss having people around me ^b	170 (17.3)	278 (28.3)	536 (54.4)
10	I often feel rejected ^b	73 (7.5)	184 (18.7)	727 (73.8)
11	I can call on my friends whenever I need ^a	641 (65.2)	286 (29.1)	57 (5.7)

^a The positively formulated items (social loneliness), ^b The negatively formulated items (emotional loneliness).



Sexual Problems According to Perception of Loneliness

	Emotional loneliness			Social loneliness			General loneliness		
	Yes	No	p (*)	Yes	No	p (*)	Yes	No	p (*)
Sexual problems (change in sexual desire, in sexual activity and satisfaction)	239 (53.1) [48.4-57.7]	186 (33.7) [29.9-37.8]	<0.001	213 (51.3) [46.5-56.1]	203 (35.6) [31.8-39.7]	<0.001	235 (53.6) [48.4-57.7]	181 (33.1) [29.9-37.8]	<0.001

Publicado en la revista iraní
Health Promotion Perspectives
11(2): 230 -239 de mayo del 2021
Revista Scopus 2
Editado por la Universidad de Tabriz Irán

Health Promotion Perspectives
doi: 10.34172/hpp.2021.28
https://hpp.tbzmed.ac.ir

Original Article
Online assessment of the perception of loneliness and associated factors in Colombian climacteric women during the COVID-19 pandemic: A cross-sectional study

Angélica Monterrosa-Blanco¹, Álvaro Monterrosa-Castro², Andrea González-Sequeda³

¹Fundación Universitaria Ciencias de la Salud (FUCS), Grupo de investigación Salud de la Mujer, Facultad de Medicina, Universidad de Cartagena, Cartagena, Colombia
²Research Department, Grupo de investigación Salud de la Mujer, Facultad de Medicina, Universidad de Cartagena, Cartagena, Colombia
³Grupo de investigación Salud de la Mujer, Facultad de Medicina, Universidad de Cartagena, Cartagena, Colombia

ARTICLE INFO
Article History:
Received: 2021-01-15
Accepted: 2021-03-15

Abstract
Background: The coronavirus disease 2019 (COVID-19) pandemic has generated changes due to confinement. This program was designed to investigate the perception of loneliness. The objectives were to:

Menopause Rating Scale. Distribution according to Loneliness Perception

	Emotional Loneliness			Social Loneliness			General Loneliness		
	Yes 443 (44.0%)	No 551 (56.0%)	p (*)	Yes 415 (42.1%)	No 569 (57.8%)	p (*)	Yes 438 (44.5%)	No 546 (55.4%)	p (*)
Hot flushes,	290 (66.9)	306(55.5)	<0.001	270 (65.0)	326 (57.2)	0.01	287 (65.5)	309 (56.5)	0.004
Heart discomfort	183 (42.2)	135 (24.5)]	<0.001	169 (40.7)	149 (26.1)	<0.001	175 (39.9)	143 (26.1)	<0.001
Sleep problems	327 (75.5)	310 (56.2)	<0.001	305 (73.4)	332 (58.3)	<0.001	318 (72.6)	319 (58.4)	<0.001
Depressive mood	348 (80.3)	299 (54.2)	<0.001	315 (75.9)	332 (58.3)	<0.001	349 (79.6)	298 (54.5)	<0.001
Irritability	321 (74.1)	279 (50.6)	<0.001	285 (68.6)	315 (55.3)	<0.001	320 (73.0)	280 (51.2)	<0.001
Anxiety	329 (75.9)	264 (47.9)	<0.001	297 (71.5)	296 (52.0)	<0.001	326 (74.4)	267 (48.9)	<0.001
Physical and mental exhaustion	311 (71.8)	261 (47.3)	<0.001	284 (68.4)	288 (50.6)	<0.001	309 (70.5)	263 (48.1)	<0.001
Sexual problems	239 (53.1)	186 (33.7)	<0.001	213 (51.3)	203 (35.6)	<0.001	235 (53.6)	181 (33.1)	<0.001
Bladder problems	144 (33.2)	119 (21.6)	<0.001	136 (32.7)	127 (22.3)	<0.001	147 (33.5)	116 (21.2)	<0.001
Dryness of vagina	162 (37.4)	163 (29.5)	0.009	150 (36.1)	175 (30.7)	0.07	159 (36.3)	166 (30.4)	0.050
Joint and muscular discomfort	281 (64.9)	287 (52.0)	<0.001	260 (62.6)	308 (54.1)	0.007	281 (64.1)	287 (52.5)	<0.001

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Conclusion

984 mujeres Colombianas - Pandemia COVID-19 –
Confinamiento obligatorio

Cuarentena - Invitación Redes Sociales - Google Forms © - Virtual –
40-59 años (Climaterio) - Junio: 1-5 del 2020 - Evaluación mayo-2020 -
Posmenopausia 50%

Sexual problems were significantly more frequent among women with emotional, social, and general loneliness than among those who did not have this perception



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