



PREVALENCE OF INSOMNIA, SEXUAL DYSFUNCTION AND SEVERE DETERIORATION OF THE QUALITY OF LIFE IN CLIMACTERIC WOMEN WITH ANXIETY*



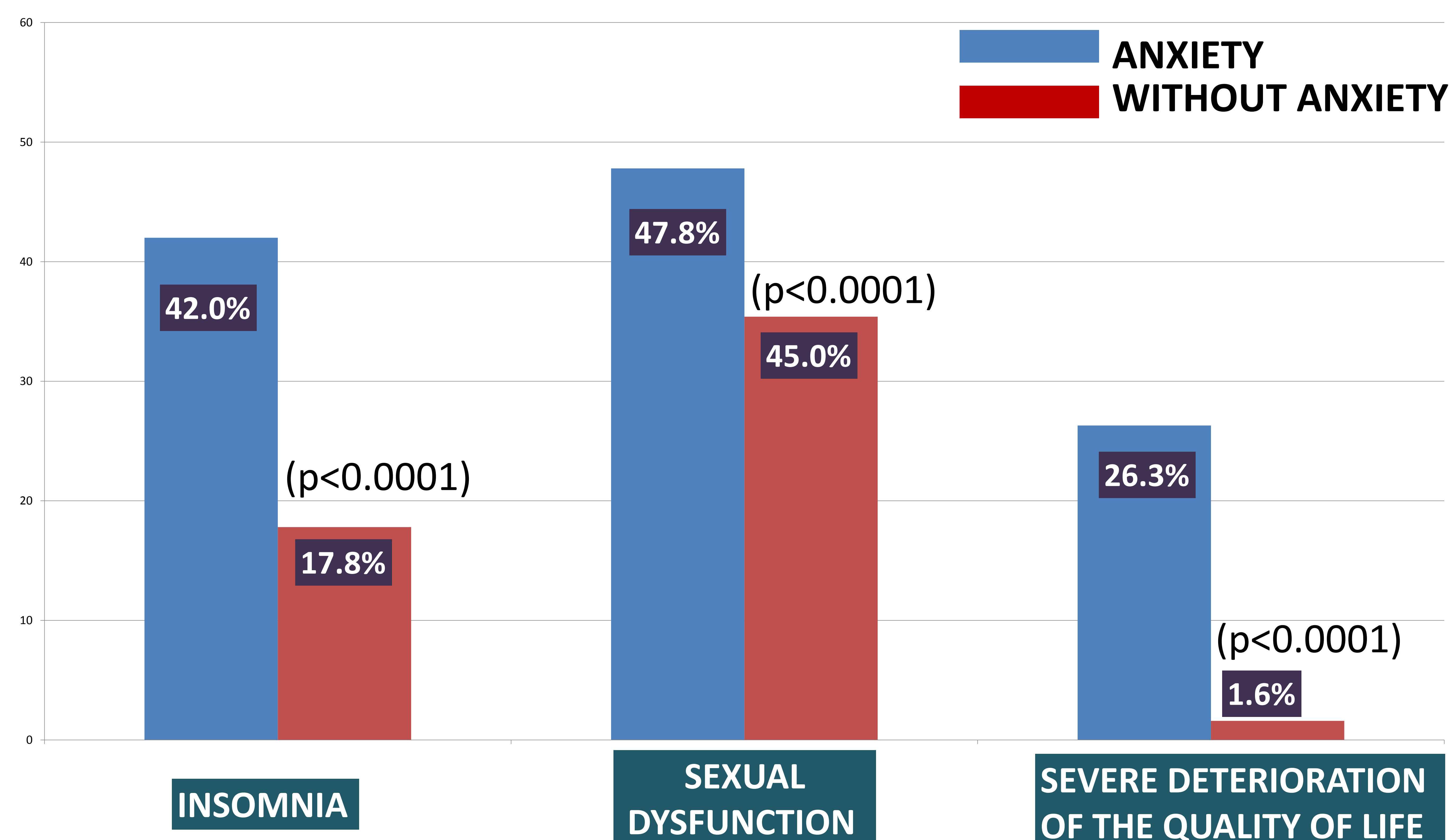
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Objective: To compare the prevalence of insomnia, sexual dysfunction and severe deterioration of the quality of life in Colombian climacteric women according to the presence of anxiety.

Cross sectional study carried out with Menopause Rating Scale (MRS), Athens Insomnia Scale (AIS) and Index of Female Sexual Function in abbreviate version (FSFI-6) in 945 climacteric Colombian women. They were divided in two groups according to the answer to item number six (anxiety) of the MRS. Women between 40-59 years of age were included, they participated in a voluntary way. A total score of the FSFI < 26.56 is suggestive of female sexual dysfunction. A total sum > 5 in AIS indicates the presence of insomnia. More than 16 points in MRS is considered severe deterioration of the quality of life.



OR Insomnia OR: 3.00 (CI 95%: 2.21-4.07)

OR Sexual dysfunction: 2.07 (CI 95%: 1.43-2.98)

CONCLUSION: In a group of climacteric Colombian women those who presented anxiety had higher prevalence of insomnia, sexual dysfunction and severe deterioration of the quality of life when they are compared without anxious women.

