



CORRELATION BETWEEN MENOPAUSAL SYMPTOMS AND THE PERCEPTION OF PSYCHOLOGICAL STRESS IN WOMEN FROM THE COLOMBIAN CARIBBEAN



Ulloque-Caamaño Liezel, Salgado-Madrid Marlon, Monterrosa-Castro Alvaro, Mo-Carrascal Joulen, Ramos-Clason Enrique, Portela-Buelvas Katherin

Research group "Salud de la Mujer". Facultad de Medicina. Universidad de Cartagena. Colombia. This research is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project.

Objective: To estimate the correlation between menopausal symptoms and the score in the scale of Perceived Stress.

Methods: Cross-sectional study carried out in resident women in Cartagena and Monteria in the Colombian Caribbean. Age: 40-59 years. A socio-demographic data questionnaire, the Perceived Stress Scale (PSS) and the Menopause Rating Scale (MRS), both in Spanish versions, were applied. To greater score of the MRS, greater the severity of the symptoms, the deterioration of the domains and worse quality of life. The statistical analysis to estimate the Pearson's Correlation Coefficient was carried out with Epi-info 7 and MedCalc.

SOCIO-DEMOGRAPHIC DATA N= 471	RESULTS
AGE, X ±SD	48.3 ± 5.1
HORMONAL THERAPY, n(%)	86 (18.2)
SEXUAL PARTNER, X ±SD	437 (92.5)
BMI, X ±SD	26.9 ± 5.08
UNDERWEIGHT ,n (%)	10 (2.1)
NORMAL, n (%)	169 (35.8)
OVERWEIGHT AND OBESITY, n (%)	292 (61.9)
PREMENOPAUSE, n (%)	113 (23.9)
PERIMENOPAUSE, n (%)	55 (11.7)
POSTMENOPAUSE, n (%)	303 (64.3)
HYSTERECTOMY, n (%)	237 (50.3)

CORRELATION PSS AND MRS	r	p	CI 95%
Hot flashes	0.16	0.0003	0.074 - 0.25
Heart discomfort	0.23	<0.0001	0.14 - 0.31
Sleep problems	0.18	<0.0001	0.09 - 0.27
Joint and muscular discomfort	0.25	<0.0001	0.16 - 0.33
SOMATIC DOMAIN	0.31	<0.0001	0.23 - 0.39
Depressive mood	0.29	<0.0001	0.21 - 0.37
Irritability	0.30	<0.0001	0.22 - 0.38
Anxiety	0.38	<0.0001	0.31 - 0.46
Physical and mental exhaustion	0.24	<0.0001	0.16 - 0.33
PSYCHOLOGICAL DOMAIN	0.38	<0.0001	0.31 - 0.46
Sexual problems	0.33	<0.0001	0.24 - 0.40
Bladder problems	0.30	<0.0001	0.22 - 0.38
Dryness of vagina	0.33	<0.0001	0.24 - 0.41
UROGENITAL DOMAIN	0.39	<0.0001	0.31 - 0.46
QUALITY OF LIFE	0.41	<0.0001	0.33 - 0.48

RISK FOR PERCEIVED STRESS	ODDS RATIO	95% CI
Postmenopause	0.43	0.23 – 0.80
Hormonal Therapy	2.19	1.04 – 4.64
Sexual Partner	3.01	1.32 – 6.81
Coffee Consumption	1.95	1.12 – 3.42
Hysterectomy	5.89	3.09 – 11.22
> Three Children	0.57	0.35 – 0.95
Currently United Partner	2.23	1.22 – 4.07

CONCLUSION: Significant and positive correlation was found between the score of the PSS-10 and the menopausal symptoms in women from the Colombian Caribbean.

