



PERCEIVED PSYCHOLOGICAL STRESS AND SEVERE DETERIORATION OF QUALITY OF LIFE IN CLIMACTERIC WOMEN FROM THE COLOMBIAN CARIBBEAN



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

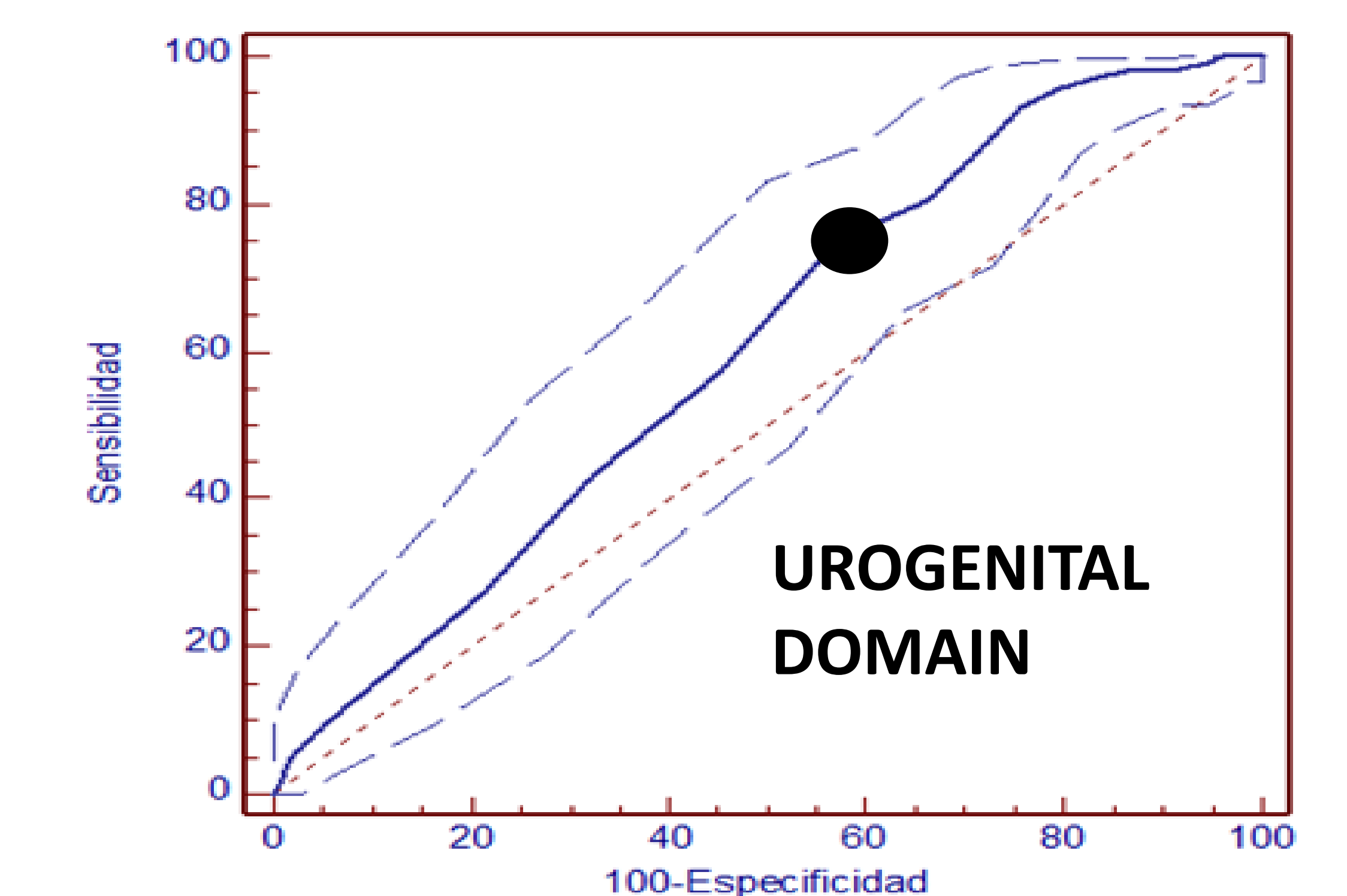
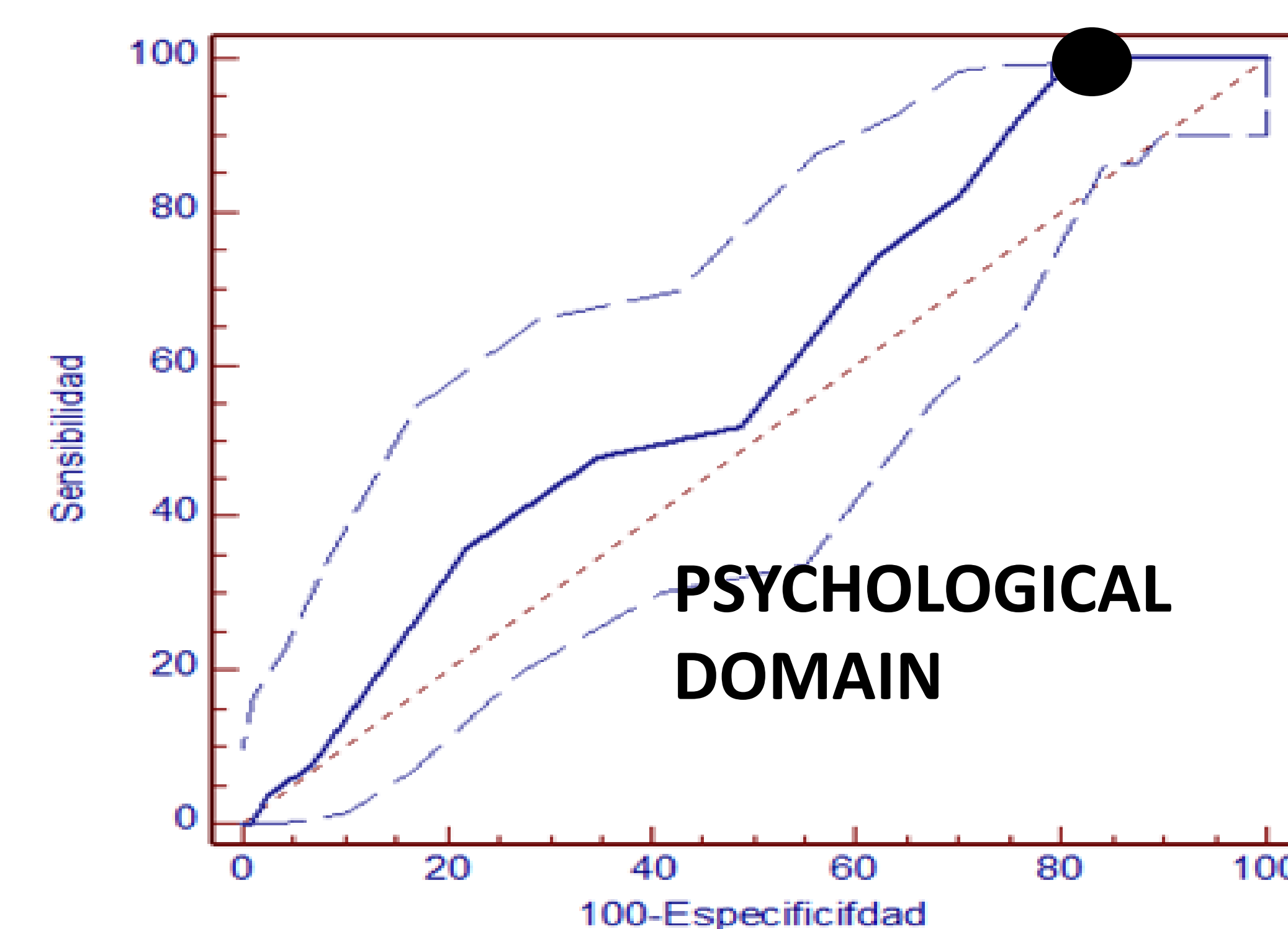
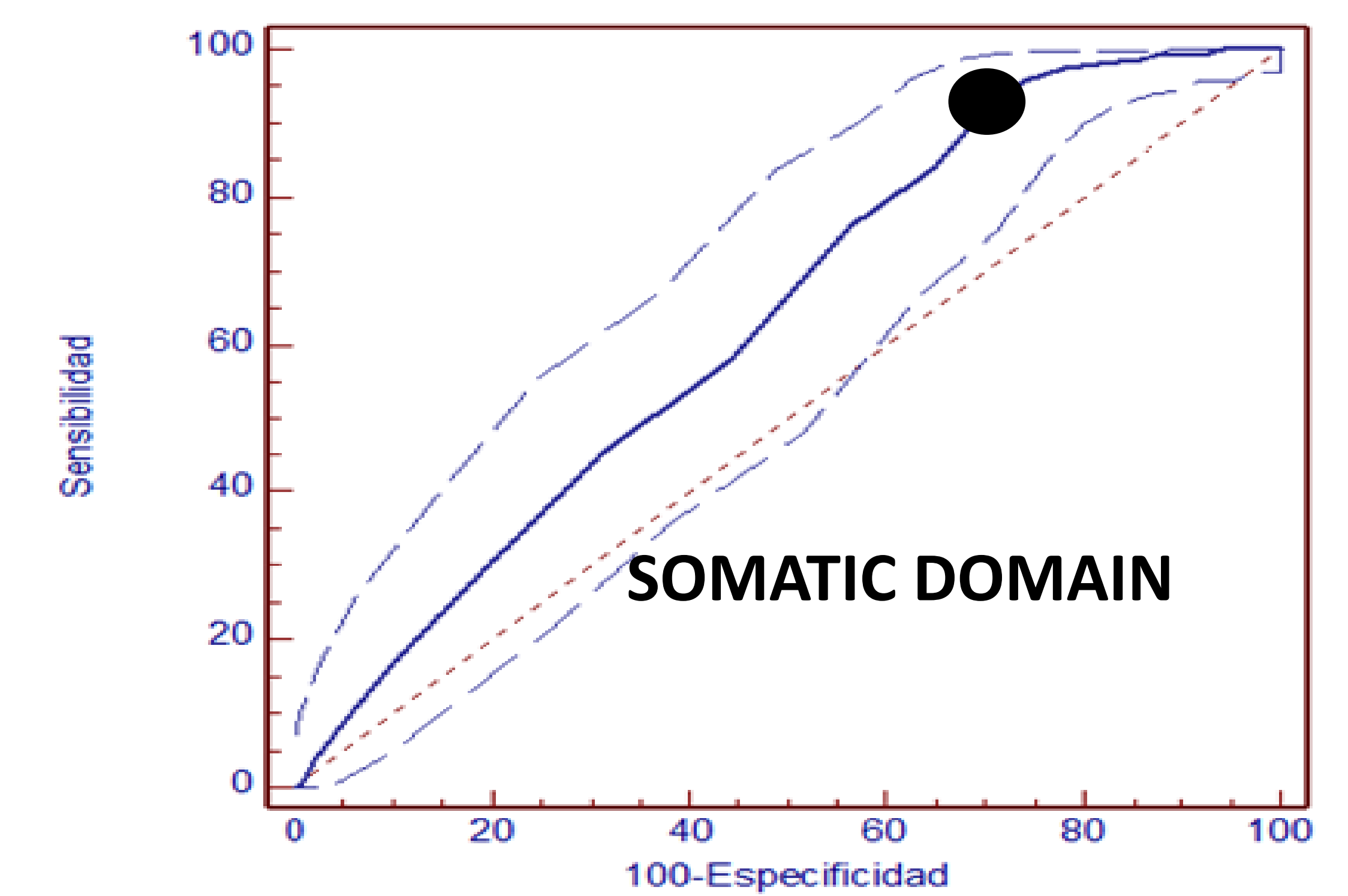
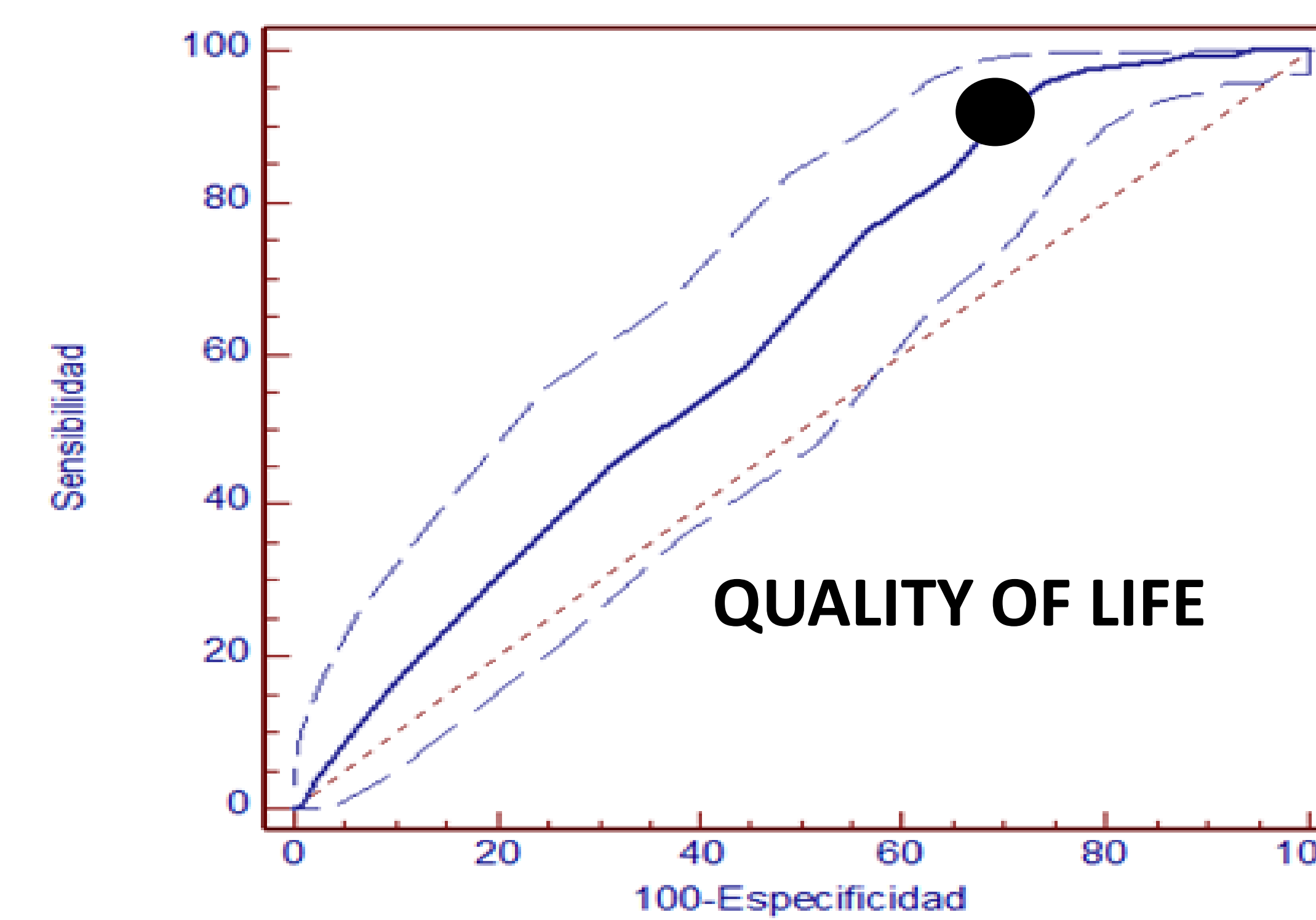
Research group "Salud de la Mujer". Facultad de Medicina. Universidad de Cartagena. Colombia, This research is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project.

Objective: To estimate the best score of the PSS-10 that predicted severe deterioration of the somatic, psychological and urogenital domains as well as of the quality of life

Methods: Cross-sectional study carried out in resident women from Cartagena and Monteria in the Colombian Caribbean, aged between 40-59 years. Socio-demographic data, the Perceived Stress Scale of 10 items (PSS-10) and the Menopause Rating Scale (MRS), both in Spanish version, were considered. To greater score of the PSS-10, greater perceived psychological stress is considered. To greater value of MRS, greater the severity of the symptoms, deterioration of the domains and worse quality of life. The statistical analysis was carried out with Epi-info-7 and MedCalc. This study does not have impact in the integrity of the participants. There are not cut-off point previously established of the PSS-10.

SEVERE DETERIORATION	CUT-OFF POINT PSS	S	SP	AUC ROC	CI 95%	P VALUE	SE
Quality of life	> 16	91.6	30.3	0.63	0.58-0.67	0.0001	0.027
Somatic domain	> 15	98.0	20.2	0.59	0.54-0.63	0.0328	0.044
Psychological domain	> 18	75.2	42.9	0.60	0.56-0.65	0.0002	0.028
Urogenital domain	> 16	92.1	32.5	0.62	0.57-0.66	0.0001	0.027

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)



CONCLUSION: Different scores of PSS-10 are related with severe deterioration of the somatic, psychological and urogenital domains and of the quality of life in middle-age women from the Colombian Caribbean.

