

FACTORS ASSOCIATED WITH DETERIORATION OF QUALITY OF LIFE IN AFRO-COLOMBIAN WOMEN. ASSESSMENT WITH THE CERVANTES SCALE

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This research is part of the CAVIMEC (Calidad de vida en Menopausia y Etnias Colombianas) Project.

Objective: To assess the factors associated with deterioration of the quality of life in Afro-Colombian climacteric women with the Cervantes Scale (CS).

Cross-sectional study. Black women, daughters of black mother and father, who recognize themselves as afro-Colombian and residents in the Caribbean and Pacific Coasts, were included. A socio-demographic questionnaire and the CS, which measures health conditions with 31 questions, were used. In this scale, to higher score, worse the assessment. A logistic regression was carried out with the associated factors risks and the statistical analysis was done with EPI-INFO7. $P < 0,05$ was statistically significant.

SOCIO-DEMOGRAPHIC DATA n=646	
Age	48,7 ± 5,7
BMI	27,2 ± 4,8
Education	8,0 ± 5,7
Married	232 (35,9) [32,2-39,7]
Premenopausal	384 (59,5) [55,1-63,8]
Postmenopausal	262 (40,5) [36,7-44,4]
Age of last menstruation	47,1 ± 4,0

SCORE OF DOMAINS, SUBDOMAINS AND TOTAL PUNCTUATION OF THE CERVANTES SCALE. n=646, (X±SD)	
Menopause and health	20,2 ± 12,3
Psychic domain	5,9 ± 7,1
Sexuality	10,5 ± 4,9
Relationship	4,5 ± 5,1
Vasomotor symptoms	6,4 ± 4,8
Health	5,5 ± 4,7
Aging	8,2 ± 5,9
Global score	39,2 ± 22,6

Conclusions:

Some modifiable and non-modifiable considerations, which behave as risk factors for deterioration of quality of life, were identified. .

FACTORS ASSOCIATED WITH IMPAIRED QUALITY OF LIFE. CERVANTES SCALE, n=646		
AGE GROUPS (years)	X±SD	OR
40-44	27,8 ± 19,9	1
45-49	38,3 ± 21,4	6,59 [4,13-10,51]
50-54	45,6 ± 22,3	9,80 [5,93-16,20]
55-59	47,7 ± 21,7	11,32 [6,87-18,65]
NUTRITIONAL STATUS		
Normal weight	36,9 ± 23,4	1
Underweight	3,6 ± 24,8	2,95 [1,01-8,65]
Pre-obesity	39,1 ± 22,5	2,70 [1,84-3,95]
Obesity class I	40,8 ± 22,6	3,20 [1,98-5,16]
Obesity class II	45,1 ± 17,0	4,86 [2,48-9,56]
Obesity class III	44,6 ± 26,4	4,42 [1,07-18,26]
YEARS OF STUDY		
12 years or more	29,5 ± 21,0	1
Less than 12 years	42,5 ± 22,1	3,08 [2,04-4,64]
SMOKING		
Never	36,0 ± 20,9	1
Previously	49,1 ± 23,0	9,99 [5,91-16,89]
Nowadays	55,4 ± 25,4	17,42 [9,45-32,10]
HT USE		
Yes	46,3 ± 27,4	1
No	38,8 ± 22,3	3,92 [1,90-8,09]
MENOPAUSAL STATUS		
Premenopausal	48,0 ± 22,7	1
Perimenopausal	31,4 ± 19,4	5,66 [3,56-9,0]
Postmenopausal	37,5 ± 22,2	9,27 [6,43-13,36]

