



COMPARISON OF THE QUALITY OF LIFE IN CLIMACTERIC WOMEN OF TWO COLOMBIAN POPULATIONS. EVALUATION WITH THE CERVANTES SCALE



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Objective: To compare the quality of life of climacteric Colombian women who belong to two different ethnics groups with the use of the Cervantes Scale (CS)

Cross-sectional study. Women with ages between 40-59, who were mestizo and afro-descendants, residents in the Colombian Caribbean were included. A socio-demographic questionnaire and the CS, specific instrument with 31 questions that assesses symptoms, domains and quality of life in climacteric, were carried out. A higher score indicates worse results. The participation was anonymous, voluntary and with informed consent. EPI-INFO7 was used for statistical analysis. $P < 0,05$ was considered statistically significant.

SOCIO-DEMOGRAPHIC DATA. N=1894		
	AFRO-DESCENDANT n=646	MESTIZO n=1248
X±SD		
Age	48,7 ± 5,7	48,2 ± 5,8
BMI	22,2 ± 4,8	24,8 ± 3,9
Education	8,0 ± 5,7	10,1 ± 4,4
Parity	3,5 ± 2,1	2,6 ± 1,6
%[CI95%]		
Never smoke	516 (79.8) [76.6-82.7]	879 (70.4) [67.8-72.9]
HT	31 (4.8) [3.4-6.7]	93 (7.4) [6.1-9.0]
Premenopause	271 (41.9) [38.2-45.7]	393 (31.4) [28.9-34.1]
Perimenopause	113 (17.4) [14.7-20.6]	347 (27.8) [25.3-30.3]
Postmenopause	262 (40.5) [36.8-44.3]	508 (40.7) [38.0-43.4]

CERVANTES SCALE			
	AFRO-DESCENDANT n=646	MESTIZO n=1248	p
DOMAINS			
Menopause and health	20,2 ± 12,3	20,5 ± 13,5	0,73
Psychic	5,9 ± 7,1	7,5 ± 7,4	<0,001
Sexuality	10,5 ± 4,9	11,9 ± 4,9	<0,001
Relationship	4,5 ± 5,1	5,6 ± 5,2	<0,001
SUBDOMAINS			
Vasomotor symptoms	6,4 ± 4,8	4,2 ± 4,2	<0,001
Health	5,5 ± 4,7	6,0 ± 4,7	0,02
Aging	8,2 ± 5,9	10,2 ± 6,5	<0,001
Total score	39,2 ± 22,6	43,7 ± 25,0	<0,001

	OR	CI 95%	p
Mestizo	1,46	1,21-1,77	<0,001

Differences were observed in the assessment of some symptoms, impairment of domains and quality of life when comparing mestizas and afro-descendant Colombian women.

Conclusion: Afro-descendant colombian women had better sexuality, relationship, aging and quality of life in comparison with mestizo Colombian women when they were evaluated with the Cervantes Scale.

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