



Association between marital status of widowhood and cognitive impairment in Colombian postmenopausal women

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INTRODUCTION

The marital status of widowhood is the social status of a person since the death of his partner. It is a destabilizing event that may need adjustments in living environments. Widowhood in women is considered a generating event of vulnerability. There are few studies that evaluate widowhood in the cognitive and menopausal context.

OBJECTIVE

To estimate the association between widowhood marital status and cognitive impairment in a group of postmenopausal women.

METHODS

Cross-sectional study conducted in women with one or more years of post-menopause, aged between 50-75 years who fulfilled their daily activities (home or work). They resided in the Caribbean region or in the Colombian Amazon. Participation was voluntary and anonymous. Those previously diagnosed with a physical, mental or cognitive limitation, as well as those receiving neurological medications, were excluded.

They were invited to fill out a form that included sociodemographic variables and the Mini-Mental State Examination Test.

The score is between 0-30 and the fewer points, the evaluation is worse.

Several cut-off points have been proposed, for the present study, <23 was considered cognitive impairment. Logistic regression was performed. Dependent variable (cognitive impairment) and independent variable (the marital status: married/cohabited, separated/single and widowed). Study with endorsement of the ethics committee.

RESULTS

A total of 601 women were evaluated

Age: 60.6 ± 7.3 years

Menopause age: 49.8 ± 3.1 years

Consuming coffee daily: 150 (24.9%)

Smoked daily: 50 (8.3%)

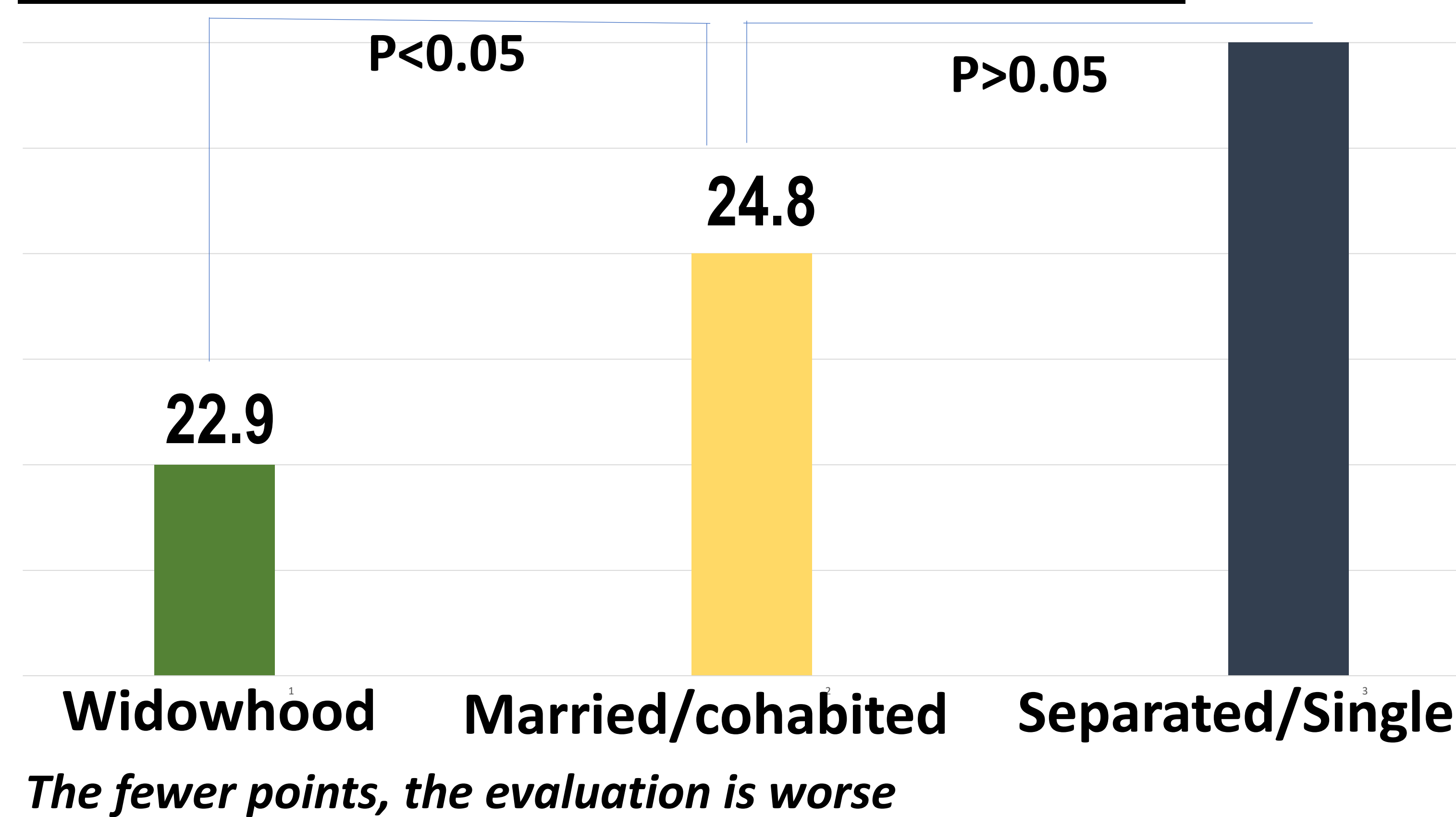
Married/cohabited: 324 (53.9%)

Separated/single: 226 (37.6%)

Widowhood: 51 (8.5%)

33.3% of widowed women reported being dependent on themselves, while 64.7% depended on their children and 2.0% on other family members

Scoring with Mini-Mental State Examination Test 25.3



| Marital Status | Cognitive Impairment |
|-------------------|-------------------------------|
| Married/cohabited | 1 |
| Widowhood | OR: 2.23 [95%CI:1.22-4.05] * |
| | OR: 1.88 [95%CI:1.00-3.54] ** |

(*) Unadjusted logistic regression, $p<0.05$
(**) Adjusted logistic regression: [coffee consumption, smoking, and economic dependency], $p<0.05$

Living single/separated vs. married/cohabited was not associated with cognitive impairment ($p>0.05$)

CONCLUSIONS

In a group of Colombian women, living in marital status of widowhood was associated with twice the possibility of cognitive impairment with respect to married/cohabited.



Disclosures:
No financial relationships to disclose.

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