

ABSTRACT

The aim of the present study was to assess the relation between psychological changes and quality of life among menopausal women at Benha City through: monitoring of changes across the domains of physical, behavioral, cognitive, and emotional function and through measurement of changes across the domains of physical, behavioral, cognitive, and emotional functioning. This study was a descriptive design conducted at three woman's health centers in Benha City. Data were collected from August 2007 to the end of December 2007. The sample consisted 100 of menopausal women selected randomly from the three centers. Four tools were used for collection of data: An interview schedule for personal data as, age, level of education, occupation, marital status, and for obstetric and menstrual data, as age at menarche, age of marriage, number of pregnancies, number of deliveries, number of lived children and date of last menses. The second tool was Menopause Assessment Scale to measure the severity of symptoms that may be experienced by menopausal women. The third tool, was Self-Rating Depression scale (SDS) to assess depression in menopausal women and the fourth tool was included Utain Quality of Life (UQL) to assess menopausal women quality of life. The results of the study revealed that, there was a statistically significant relation between menopausal symptoms and quality of life, as well as between menopausal symptoms and levels of depression, and during pre-menopausal stage higher severe depression and low and lower quality of life. Menopausal symptoms that need for more action lead to decreased quality of life and increase level of depression and increased level of depression during pre-menopausal stage lead to decrease quality of life. The present study recommended a well adequate preparation for menopausal women for this period of life to enhance their quality of life through menopausal women and their caregivers about proper practicing diet and exercises having positive impact on physical and emotional health for women reaching menopause since healthy life style can reduce the severity of symptoms and make the transition easier for this period of midlife.

Key Words: Psychological changes, quality of life, menopause.
