

## **RESULTS**

The results of the study are presented d in the following parts:

**Part I:** Socio-demographic characteristics of the study subjects sample (Table 1).

**Part II :** Obsteric and menstrual hsitory of the study subjects (Table 2).

**Part III :** Quality of life among the studied subjects (Table 3).

**Part IV :** Menopausal stage and symptoms (Tables 4 & 5).

**Part V :** Severity of depression among the studed subjects (Table 6).

**Part VI:** Relation between menopausal symptoms, quality of life and depression levels (Tables 7, 8 & 9).

**Part VII:** Relation between menopausal stages, depression levels, and Quality of life (Tables 10 & 11).

**Part VIII:** Relation between depression levels and quality of life (Table 12).

**Table (1) :** Socio-demographic characteristics of the studied menopausal women ( n = 100).

Variables	No	%
<b>* Age group (Years):</b>		
40-45	29	29.0
46-50	41	41.0
51-55	19	19.0
56-60	11	11.0
<b>Mean <math>\pm</math> SD</b>	48.62 $\pm$ 5.24	
<b>*Level of education</b>		
-Illiterate	21	21.0
-Read & write	30	30.0
-Secondary education	36	36.0
-University education	13	13.0
<b>*Occupation :</b>		
-Working	56	56.0
-Not working	44	44.0
<b>* Marital status:</b>		
-Married	82	82.0
-Widowed	13	13.0
-Divorced	5	5.0
<b>*Nature of husband presence with family:</b>		
-Continuously present	76	76.0
-Incontinuously present	6	6.0
-Not present	18	18.0

Table (1) shows the socio-demographic characteristic of the menopausal women. Slightly more than two-fifths of them (41%), their age, ranged between 46-50 years and only 11% ranged from 56-60 years. The mean age of the study subjects was  $48.62 \pm 5.24$  years.

The same table shows that the studied subjects, level of education for more than one third of them (36%), it was secondary education level but for only 13% , it was university education.

Regarding to occupational status, more than half of the sample (56%) are working, and the rest of the menopausal women (44%) are not working.

Regarding to marital status, the majority of the sample (82%) are married, meanwhile the minority of them (5%) are divorced.

Concerning the nature of husband presence with their families for slightly than three quarters of the sample (76%) the husbands are continuously present with their families, while only 6% of husbands are present incontinuously with their families.

**Table (2):** Obstetric and menstrual history of the studied menopausal women (n=100).

Variables	No	%
<b>* Age at menarche:</b>		
<12	3	3.0
12-15	68	68.0
15-	29	29.0
<b>*Age at marriage women:</b>		
<16	8	8.0
-20	33	33.0
-24	34	34.0
-28	21	21.0
29-	4	4.0
<b>* Number of pregnancies:</b>		
0-3	33	33.0
4-6	48	48.0
7-	19	19.0
<b>*Number of deliveries:</b>		
0-3	50	50.0
4-6	44	44.0
7-	6	6.0
<b>*Number of children:</b>		
0-3	6	6.0
4-6	50	50.0
7-	44	44.0
<b>*Nature of menses in the last year:</b>		
- Regular	26	26.0
-Irregular	27	27.0
- Not present	47	47.0
<b>Total</b>	<b>100</b>	<b>100.00</b>

Table (2) represents the obstetric and menstrual history of the menopausal women. As regards age at menarche of the studied subjects approximately two-thirds of them (68%), it ranged between 12-15 years, but for only 3 % there age at menarche was before 12 years.

As regards the same table shows the age at marriage of women of the sample, for on almost one third of the sample (34%), ranged between 24-28 years and for another one third of the sample (33%), at ranged from 20- 24 years.

Regarding to the number of pregnancies of menopausal women, for were less than half of the sample (48%), it was 4-6 times, and for only 19% of the sample, it was more than seven times.

Concerning with number of deliveries, half of the subject (50%) delivered between 0-3 times, meanwhile 6% only delivered more than seven times.

As regards the number of children for half of the sample (50%), they have from 4-6 children, but for 6% they have 0-3 children.

Considering the nature of menses in the last year for less than half (47%), it was not present, but more than one quarter of the subjects (27%), it was irregular and for nearly another quarter (26%) were regular.

**Table (3):** Quality of life among the studied subject (n=100)

Q.O.L.	Domains of quality of life								Total	
	Occupational		Health		Emotional		Sexual			
	No	%	No	%	No	%	No	%	No	%
Lower	6	6.0	5	5.0	6	6.0	1	1.0	18	18.0
Low	7	7.0	15	15.0	8	8.0	4	4.0	34	34.0
High	10	10.0	8	8.0	7	7.0	5	5.0	30	30.0
Higher	6	6.0	6	6.0	5	5.0	1	1.0	18	18.0
Total	29	29.0	34	34.0	26	26.0	11	11.0	100	100.00

This table displays the quality of life among the studied subject. As regards their total quality of life a round one third of them (34%) have low quality of life, and 30% of them have high quality of life. Meanwhile, the rest of the study subjects equally ranged between lower and higher quality of life (18% each).

**Table (4):** Menopausal stages among studied subject (n=100)

<b>Menopausal Stage</b>	<b>No</b>	<b>%</b>
<b>-Pre menopause</b>	26	26.0
<b>-During menopause</b>	27	27.0
<b>-Post menopause</b>	47	47.0
<b>Total</b>	<b>100</b>	<b>100.00</b>

This table shows the menopausal stages among the studied subjects. Revealed that for 47%, they were in post menopausal stage, for more than one quarter of the studied subjects (27%) they were during menopausal stage, and for the rest of the subject (26%) they were in pre-menopausal stage.

**Table (5 )** :Distribution of severity of menopausal symptoms among the studied subject (n=100).

Degree of Menopausal Symptoms	No	%
-Symptoms no need for any action	9	9.0
- Symptoms need for some action	24	24.0
- Symptoms need for more action	39	39.0
- Symptoms probably need treatment	28	28.0
<b>Total</b>	<b>100</b>	<b>100.00</b>

This table shows the distribution of severity of menopausal symptoms among the studied subject. Almost two fifths of the subjects (39%) are having symptoms that need more action, but only 9% for symptoms no need for any action.



**Table (6):** Severity levels of depression among studied subjects (n=100)

<b>Severity of Depression</b>	<b>No</b>	<b>%</b>
<b>-Within normal range</b>	43	43.0
<b>-Mild range</b>	32	32.0
<b>- Moderate range</b>	14	14.0
<b>- Severe range</b>	11	11.0
<b>Total</b>	<b>100</b>	<b>100.00</b>

This table represents the severity levels of depression of menopausal women more than two fifths of the subjects were within normal range of depression (43%), but only 11% have sever range of depression. The rest of the menopausal women were mild range and moderate range of depression (32% & 14% respectively).

**Table (7):** Relation between menopausal symptoms and quality of life (Q.O.L) among menopausal women (n= 100).

Menopausal symptoms	QOL								Total	
	Lower		Low		High		Higher			
	No	%	No	%	No	%	No	%	No	%
-Symptoms no need for any action	1	11.1	1	11.1	1	11.1	6	66.7	9	9.0
- Symptoms need for some action	2	8.3	13	54.2	3	12.3	6	25.0	24	24.0
- Symptoms need for more action	5	12.8	13	33.3	17	43.6	4	10.3	39	39.0
- Symptoms probably need treatment	10	35.7	7	25.6	9	23.1	2	7.1	28	28.0
Total	18	18.0	34	34.0	30	30.0	18	18.0	100	100.00
	X <sup>2</sup> = 33.467                      P value < 0.01									

This table shows, statistically significant relations between menopausal symptoms and quality of life. Those holding higher Q.O.L (66.7%) were having menopause symptoms no need for any action while those holding lower QOL (35.7%) were probably need treatment ( $X^2 = 33.467$ ,  $P < 0.01$ ).

**Table ( 8 ):**Relation between menopausal symptoms and depression levels among menopausal women. (n=100).

Menopausal Symptoms	Depression Levels								Total	
	Normal		Mild		Moderate		Sever			
	No	%	No	%	No	%	No	%	No	%
-Symptoms no need for any action	4	44.4	3	33.3	1	11.1	1	11.1	9	9.0
- Symptoms need for some action	12	50.0	9	37.5	2	8.3	1	4.2	24	24.0
- Symptoms need for more action	21	53.8	14	35.9	3	7.7	1	2.6	39	39.0
- Symptoms probably need treatment	6	21.4	6	21.4	8	28.6	8	28.6	28	28.0
Total	43	43.0	32	32.0	14	14.0	11	11.0	100	100.00
	X <sup>2</sup> = 23.13				P value < 0.05					

This table reveals statistically significant relation between menopausal symptoms and levels of depression. Those holding the highest sever levels of depression (28.6%) were having symptoms probably need treatment, while those holding the highest normal level of depression (53.8%) were women having symptoms need for more action ( $X^2 = 23.13$ ,  $P < 0.05$ ).

**Table(9):** Relation between menopausal stages & menopausal symptoms among menopausal women (n=100).

Menopausal Stages	Menopausal Symptoms								Total	
	Symptoms no need for any action		Symptoms need for some action		Symptoms need for more action		Symptoms probably need treatment			
	No	%	No	%	No	%	No	%	No	%
- Pre – menopause	1	3.84	6	23.07	9	34.61	10	38.46	26	26.0
-During menopause	3	11.11	6	22.22	11	40.74	7	25.92.	27	27.0
-Post menopause	5	10.63	12	25.53	19	40.42	11	23.40	47	47.0
Total	9	9.0	24	24.0	39	39.0	28	28.0	100	100.00
	X <sup>2</sup> = 5.965									

This table (9) reveals that, no a statistically significant relation between menopausal symptoms and menopausal stages ( $X^2 = 5.965$ ,  $P > 0.05$ ).

**Table (10):** Relation between menopausal stages & depression levels  
(n=100)

Menopausal stages	Depression levels								Total	
	Normal		Mild		Moderate		Sever			
	No	%	No	%	No	%	No	%	No	%
1- Pre – menopause	5	19.23	6	23.07	6	23.07	9	34.61	26	26.0
2-During menopause	13	48.14	9	33.33	4	14.81	1	3.70	27	27.0
3-Post menopause	25	53.19	17	36.17	4	8.51	1	2.12	47	47.0
Total	43	43.0	32	32.0	14	14.0	11	11.0	100	100.00
	X <sup>2</sup> = 26.036                      P value < 0.05									

This table shows that is a highest percentage of menopausal women holding severe level of depression (34.6%) were pre-menopause stage. However, the highest percentage of those holding normal level of depression (53.19%) were post menopausal stage. A statistically significant relation was found between depression levels and menopausal stages ( $X^2=26.036$ ,  $P<0.05$ ).

**Table (11):** Relation between menopausal stages & QOL among studied subject (n=100).

Menopausal stages	Quality of Life								Total	
	Lower		Low		High		Higher			
	No	%	No	%	No	%	No	%	No	%
-Pre – menopause	9	34.61	8	30.76	7	26.92	2	7.69	26	26.0
-During menopause	7	25.92	9	33.33	5	18.51	6	22.22	27	27.0
-Post menopause	2	4.25	17	36.17	18	38.28	10	21.27	47	47.0
Total	18	18.0	34	34.0	30	30.0	18	18.0	100	100.00
	X <sup>2</sup> = 14.166									

This table reveals that menopausal women holding QOL (22.22%) were during menopause, while those holding lower QOL (34.61%) were in the pre-menopausal stages. Statistically significant relation was found between quality of life and menopausal stages. Those holding higher ( $X^2 = 14.466$ ,  $P < 0.05$ ).

**Table (12):** Relation between depression levels and quality of life (QOL)  
among menopausal women (n=100)

Depression Levels	QOL								Total	
	Lower		Low		High		Higher			
	No	%	No	%	No	%	No	%	No	%
- Within normal depression	4	9.3	13	30.2	17	39.5	9	20.9	43	43.0
-Mild depression	5	15.6	14	43.8	8	25.0	5	15.6	32	32.0
-Moderate depression	5	35.7	3	21.4	3	21.4	3	21.4	14	14.0
- Sever depression	4	36.4	4	36.4	2	18.1	1	9.1	11	11.0
Total	18	18.0	34	34.0	30	30.0	18	18.0	100	100.0
	X <sup>2</sup> = 5.677					P value < 0.05				

This table shows that menopausal women holding higher QOL (20.9%&21.4%) were having normal and moderate depression levels respectively. However, those holding lower QOL (36.4% & 35.7%) were having severe and moderate levels of depression respectively. Statistically significant relation between quality of life and depression levels was found. ( $X^2 = 5.677$ ,  $P < 0.05$ ).