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Effect of menopausal symptoms on Saudi women's quality of lifeNagwa Abdel Fadeel Afefy¹, Salha Miqad Al Otaibi², Samiah Abdalrahman Al Bahlal²¹King Saud bin Abdulaziz University for Health Sciences, Saudi Arabia²²Cairo University, Egypt

Background: Menopause is a normal developmental process resulting from decline in endogenous estrogen levels which lead to serious clinical sequela. This clinical sequela has a major effect on a woman's quality of life (QOL).

Aim: The aim of this study was to assess the effect of menopausal symptoms on Saudis woman's quality of life.

Methods: Descriptive cross sectional design was used. The study set a convenience sample of 300 Saudi menopausal women, recruited from malls in Riyadh city. The inclusion criteria were ages between 45 and 60 years and free from medical problems. Voluntary participation was assured. Verbal agreements were taken before data collection. Three tools were used to collect data: Socio demographic data; world health organization quality of life (WHOQOL) brief Arabic version and Greene Climacteric scale used to assess the menopausal symptoms and severity. The questionnaires were distributed in malls as self-reporting.

Results: The mean age of the sample was 50.20±4.17 years. Greene Climacteric scale indicated milder severity of somatic signs (54%), depression (54%), anxiety (39%) and vasomotor signs (49%). Also, there were strong correlations between occupation and somatic symptoms as somatic symptoms appeared more on the worker women (P<0.000), and a negative significant correlations between menopausal symptoms and quality of life (r=-0.233, p< 0.02). The mean overall quality of life score was 4.24+0.72 and the mean satisfaction with life was 4.07 + 0.83.

Conclusion: Although it is evidenced in the literature that women's quality of life is affected by menopausal symptoms, the current study concluded that, Saudi women have milder severity of symptoms, reflecting better quality of life and ability to cope with menopausal symptoms.

Biography

Nagwa Abdelfadeel Afefy has completed her PhD from collage of Nursing, Cairo University 2008 and postdoctoral studies from Cairo University, collage of Nursing. She has published more than 9 papers in reputed journals, supervised of 6 master thesis and has working at quality assurance unit, community service committee, students' activities committee, student's affaires committee, maternal and new born health nursing department committee and member of faculty council of collage of nursing, Egypt. Present position is Assistant professor and OSCE coordinator of college of Nursing, member of NCAAA committee, quality unit officer, member of research unit committee, member of assessment unit committee, member of community service committee, supervisor of 2 master thesis Collage of Nursing, King Abdulaziz University, Riyadh, KSA.

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