

Abstract

Original Article

Assessing Menopausal Symptoms among Turkish and German Women with the Menopause Rating Scale: A Cross-Cultural Study

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Abstract

Objective: This study was carried out in design of analytical descriptive and determined the statistical differences between Turkish and German women's menopausal symptoms

Methodology: The study was carried out on Turkish and German women who are currently residing in the town center of Alanya. Study was carried out with 160 Turkish and 160 German women, and the snowball sampling method was used. Study used Socio-Demographic Data Descriptive Survey Form and Menopause Rating Scale (MRS). Evaluation of the data count, percentage, Chi-square test, and Spearman correlation analysis were used.

Results: In this study, the mean age of menopause for Turkish women was 47 ± 4.22 and for German women it was 47 ± 5.58 . Statistically significant differences were found between Turkish and German women's menopause age, menopause duration and type of menopause (in order; $p=0.035$, $p=0.033$, $p=0.002$). There were significant differences between Turkish and German women's somatic ($p = 0.001$), psychological ($p = 0.000$), urogenital ($p = 0.001$) subscales and total ($p = 0.000$) scale scores. There were significant differences between Turkish women's menopause age and whole MRS subscales and total scale scores (in order; $p=0.001$, $p=0.000$, $p=0.009$, $p=0.000$). But there was significant difference between German women's MRS somatic subscale score ($p=0.000$).

Conclusions: As a result of the statistical analysis; as the age of Turkish women increases, urogenital symptoms increases and as the age of German women increases, somatic, psychological and total symptoms increases. With decreased menopause age of Turkish women, the total symptoms increases and with decreased menopause age of German women, the somatic symptoms increases.

Key Words: Menopause, Menopause Rating Scale, Menopause Symptoms, Turkish Women, German Women.