

Abstract

Original Article

Severity of Menopausal Symptoms in Climacteric Turkish Women

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Abstract

Background: Perception of menopausal symptom severity differs between cultures.

Objective: We aimed to assess the severity of menopausal symptoms in climacteric Turkish women.

Materials and Methods: This cross-sectional study was conducted on 429 women (119 premenopausal, 141 perimenopausal, and 169 postmenopausal) between 40 and 65 years of age in a cross-sectional design. Menopausal symptoms were evaluated by using the Menopause Rating Scale (MRS).

Results: The mean total score of the MRS was 11.2 ± 6.4 . Of the 429 women, 97.9% had at least one, and 20.3% had severe, menopausal symptoms. Total, somatic, psychological, and urogenital scores of the MRS in the peri- and postmenopausal stages were significantly higher than in the premenopausal stage ($p < 0.05$ for all). The rates of severe somatic, psychological, and urogenital symptoms were 8.6%, 21.9%, and 26.3%, respectively. The risks of severe menopausal symptoms increased 3.67-fold ($p = 0.034$) in perimenopausal and 5.68-fold ($p = 0.032$) in postmenopausal stages when compared to the premenopausal stage.

Conclusion: Of women 20.3% had severe menopausal symptoms. The severity of menopausal symptoms increased from one stage to the next.

Keywords: Menopause; MRS; Premenopause; Perimenopause; Postmenopause; Severity; Menopausal symptoms.