

Prevalence of depressive manifestations in the perimenopausal period

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The study was conducted on individuals working in Tanta University in different jobs (e.g. workers, employees and nurses) during the period from September 1st 2000 till September 30th 2001. The subject of that study included 300 peri-menopausal women aging 44-55 years (group I), 75 fertile women aging less than 30 years (sub group A) and 75 pre-retirement men aging 55-60 years (subgroup B). Every selected person was asked to fulfill the Arabic version of women health questionnaire. Females were more susceptible to hypochondriasis especially perimenopausal females more than young females. Depressive symptoms were more occurring in perimenopausal females and elderly males than young females. Depressive symptoms were more occurring in perimenopausal females than elderly males. Hot flushes and night sweating are more prevalent in perimenopausal females than young females and elderly males.

Persons of high social classes were more susceptible to feeling sad and irritability while hot flushes and night sweating increased in middle and low social classes.

Life stresses in combination with the negative social beliefs about aging may increase perimenopausal symptoms such as fatigue or sadness.