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TITLE

PREVALENCE, SEVERITY, ASSOCIATIONS AND RISK FACTORS OF PERIMENOPAUSAL SYNDROME, DEPRESSION AND ANXIETY IN SHANGHAI PERIMENOPAUSAL WOMEN: A CROSS-SECTIONAL STUDY

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ABSTRACT

Context: Limited information was focused on perimenopausal syndrome, depression and anxiety in a same population: perimenopausal women.

Objective: To investigate the prevalence, severity, associations and risk factors of perimenopausal syndrome, depression and anxiety in perimenopausal women in Shanghai, China.

Methods: Study participants were selected by cluster sampling.

Patients : A total of 2336 individuals aged 40 to 60 years were analyzed.

Interventions: None.

Main Outcome Measures: The self-reported questionnaire was used to obtain useful information. Risk factors for perimenopausal syndrome, depression and anxiety were analyzed by multiple logistic regression.

Results: The prevalence of premenopausal syndrome, depression and anxiety, most with mild symptoms, was 12.50%, 25.98% and 14.00%, respectively. The differences of the prevalence of perimenopausal syndrome, the prevalence and severity of depression, the severity of anxiety in different age groups were significantly different. The associations among perimenopausal syndrome, depression and anxiety were positive. The multiple logistic regression revealed age, employment status, family relationships, personality characteristics, menstruation, constipation, attitudes towards childbearing status, cesarean section times, perimenopausal syndrome, severity of perimenopausal syndrome were partially risk for perimenopausal syndrome, depression and anxiety. However, monthly household income, medical insurance and physical activity were partially protective factors for them.

Conclusions: These findings suggested perimenopausal syndrome, depression and anxiety were common and substantial factors were associated with them in Shanghai perimenopausal women. Appropriate advice and support in improving the state of perimenopausal women is essential.

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