E-Poster

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Physical Activity and Self Esteem in Post Menopausal Women

Topic: Psychology

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BACKGROUND

Menopause is an essential aspect of a women's life associated with body changes, leading to biopsychological, hormonal, and emotional alterations.

The aim of our study was to measure the level of physical activity and self-esteem in menopausal women.

METHODS

We conducted an analytical cross-sectional study over a period of two months in the Mahdia physical medicine department including postmenopausal women meeting the inclusion criteria. The patients' sociodemographic data were collected. The level of physical activity was assessed using the short version of the International Physical Activity Questionnaire (IPAQ). Menopausal symptoms were assessed using the Menopause Rating Scale (MRS) score. Psychological assessment was based on the Patient Health Questionnaire-9 (PHQ-9) questionnaire translated and validated in Arabic, and self-esteem was assessed by the Rosenberg Self Esteem Scale (RSES) translated and validated in Arabic. The data were analyzed using SPSS version 21 and multivariate logistic regression was used to assess the association between the explanatory variables.

RESULTS

Eighty patients participated in the study. The mean age was 58.85 ± 4.97 years, with extremes ranging from 44 to 64 years. Most (75%) were illiterate or had primary school education. Obesity was noted in 30% of the women and a low level of physical activity (IPAQ score < 600 MET-minutes per week) was noted in 57.5% of the population. With regard to menopausal symptoms, the mean total MRS score was 12.28 ± 6.18.

Psychologically, self-esteem was low in 48.8% of women and depression in 36.3%. In the analytical study, we noted that level of education (p < 10-3), type of social security coverage (p = 0.021), having children (p < 10-3), obesity (p = 0.036) and level of physical activity (p = 0.001) were significantly associated with self-esteem. Similarly, the severity of menopausal symptoms with a high MRS score was significantly associated with low self-esteem.

Multivariate analysis noted that the factors independently associated with self-esteem were educational level (p = 0.002), presence of children (p = 0.023), depression (p = 0.002) and severity of menopausal symptoms (p = 0.046).

CONCLUSION

Educational level and a good level of physical activity were important factors in improving self-perception. It is therefore important to promote them in order to enhance the value of the ageing process, while offering appropriate support to help women strengthen their self-esteem during this period of their lives.

Statement of Disclosures

None

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