

**IMPACT OF PRACTISING
YOGA IN DAILY LIFE SYSTEM®
ON QUALITY OF LIFE
OF MENOPAUSAL WOMEN**

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MULTIDIMENSIONAL PROBLEMATIC OF MENOPAUSE

1. ENDOGENOUS FACTORS

Decreased ovarian follicular activity

2. EKSOGENOUS FACTORS

psychosocial

sociodemographic

sociocultural...

MULTIDIMENSIONAL PROBLEMATIC OF MENOPAUSE

1. ENDOGENOUS FACTORS

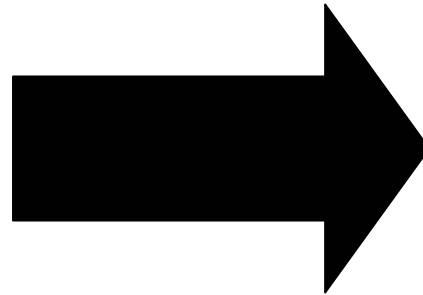
Decreased ovarian follicular activity

2. EXOGENOUS FACTORS

psychosocial

sociodemographic

sociocultural...



**PSYCHOSOMATIC
STATUS OF WOMAN**

MULTIDIMENSIONAL PROBLEMATIC OF MENOPAUSE

1. ENDOGENOUS FACTORS

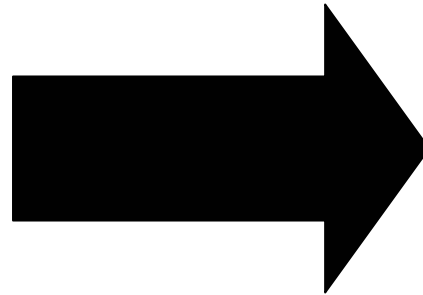
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**PSYCHOSOMATIC
STATUS OF WOMAN**

MASS MEDIA AND MENOPAUSE



SAMPLE

36 PMS active group

30 PMS non-active group

50-ITEM QUESTIONNAIRE

A menopause specific quality of life questionnaire: Development and psychometric properties. (Hilditch et al., 1996)

The Menopause Rating Scale (MRS): comparison with Kupperman index and quality of life scale SF-36. (Schneider et al., 2000)

Climacteric and quality of life. (Menditto et al., 1999)

Menopause and quality of life. (Pasini, 1997)

50-ITEM QUESTIONNAIRE

Questionnaire divided in clusters with 50 questions

Several domains:

sociodemographic

vasomotor

physical

psychosocial

psychological...

SELF-REPORTED HEALTH STATUS

	Non-active	Active	Total
Excellent	3	15	18
	10.0%	41.7%	27.3%
Good	15	17	32
	50.0%	47.2%	48.5%
Satisfying	11	4	15
	36.7%	11.1%	22.7%
Bad	1		1
	3.3%		1.5%
Total	30	36	66
	100%	100%	100%

(Mann-Whitney, p=0.001)

BODY MASS INDEX

	Mean	N	Standard deviation
Non-active	25.797	30	2.769
Active	23.311	36	2.453
Total	24.441	66	2.866

(Mann-Whitney, $p=0.001$)

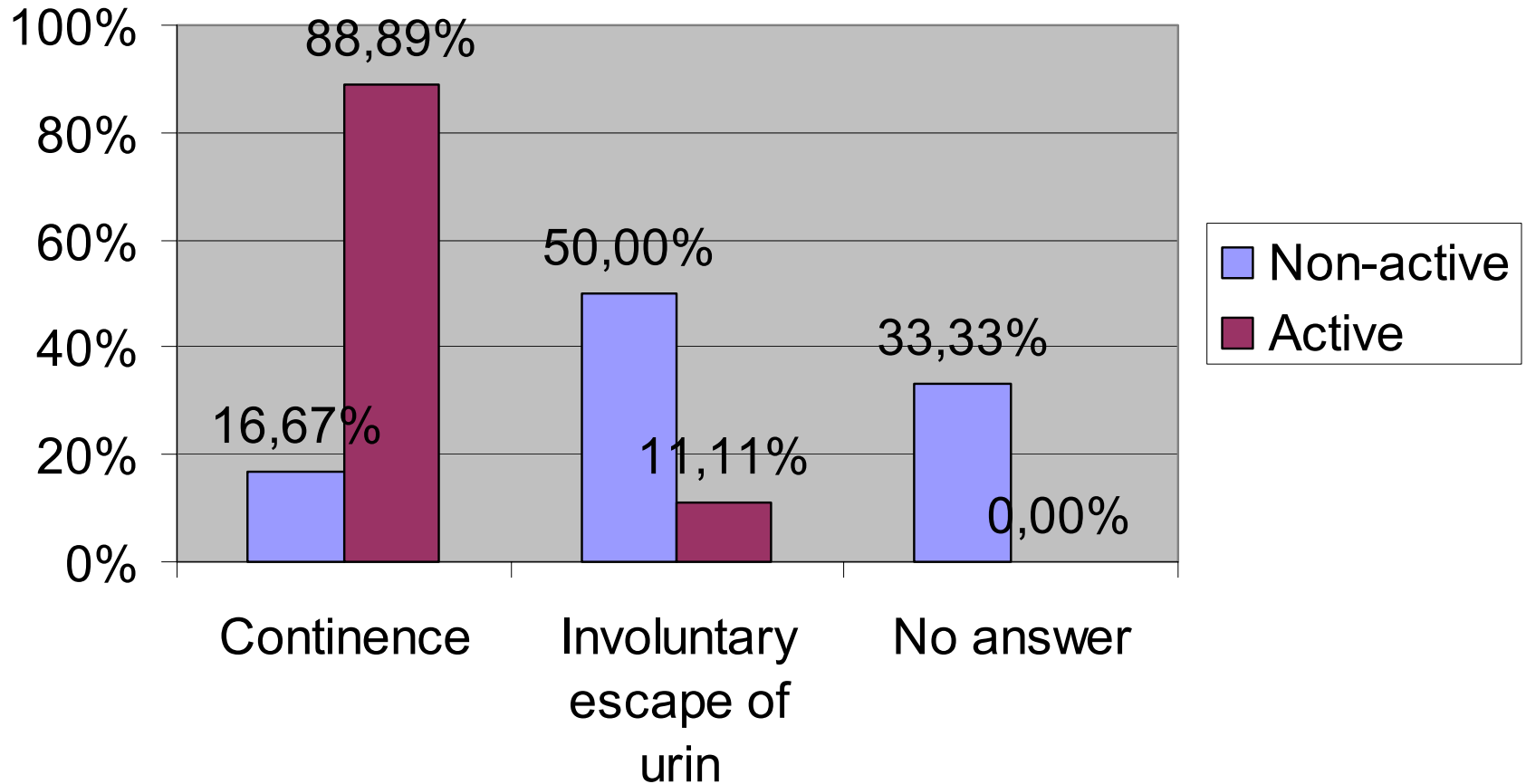
FREQUENCY OF MENOPAUSAL SYMPTOMS

	Non-active	Active	p
Sadness	40.67	27.53	0.004
Psychological distress	42.30	26.17	0.000
Irritability	42.92	25.65	0.000
Anxiety	44.17	24.61	0.000
Depression	39.95	28.13	0.008
Dizziness	41.88	26.51	0.001
Headache	41.12	27.15	0.002
Cardiac complaints	41.12	27.15	0.002
Night sweating	42.23	26.22	0.001
Hot flush	43.53	25.14	0.000
Joint and muscle complaints	40.52	27.65	0.005
Dry skin	31.93	34.81	0.533
Hair loss	35.40	31.92	0.450
Vaginal dryness	31.77	25.08	0.102
Intercourse pain	44.87	19.15	0.000

SLEEP DISTURBANCES

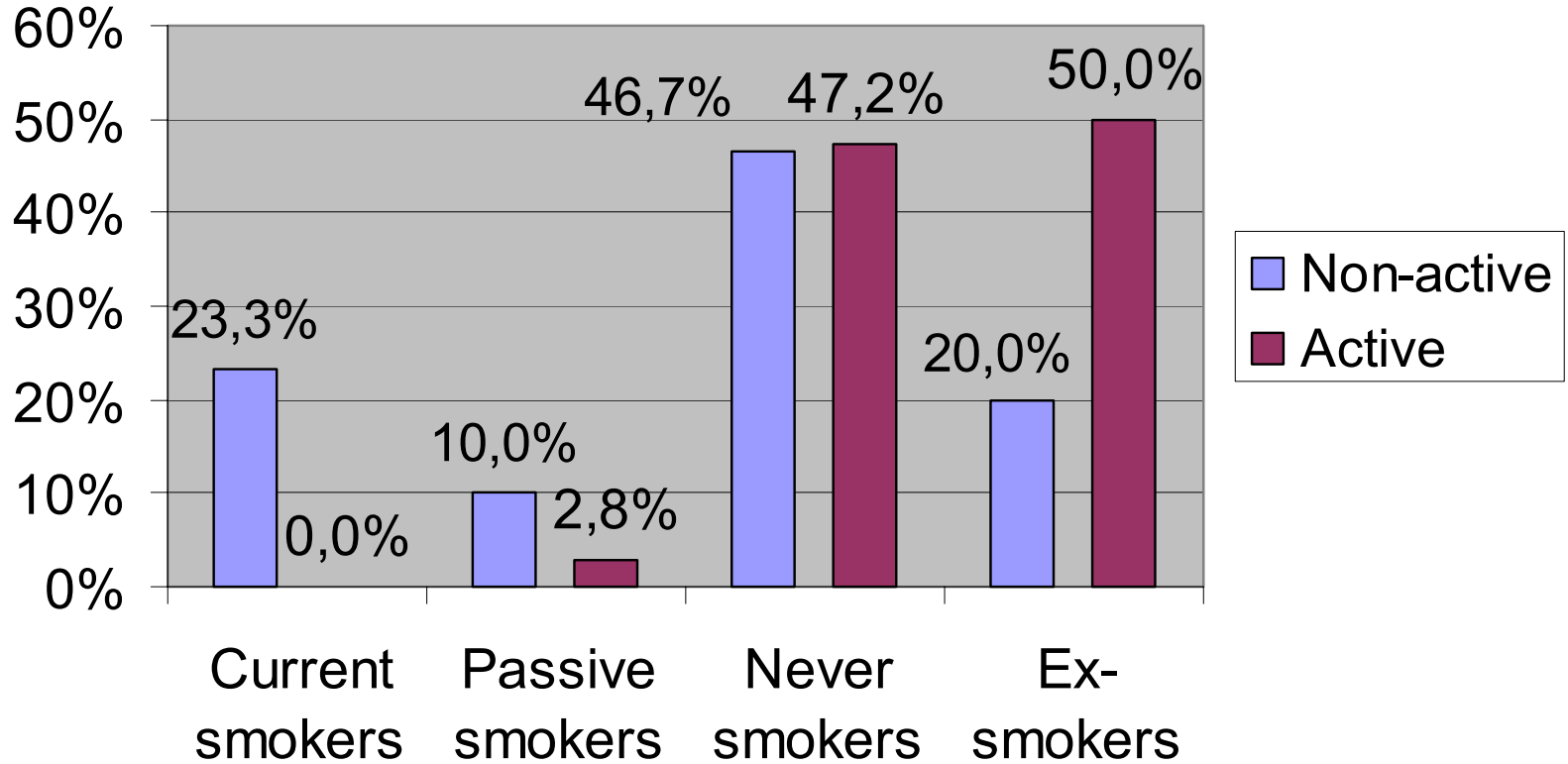
	Non-active	Active	p
Frequent awakening during the night	47.93	15.40	0.000
Trouble falling asleep	48.30	14.65	0.000

URINE INCONTINENCE



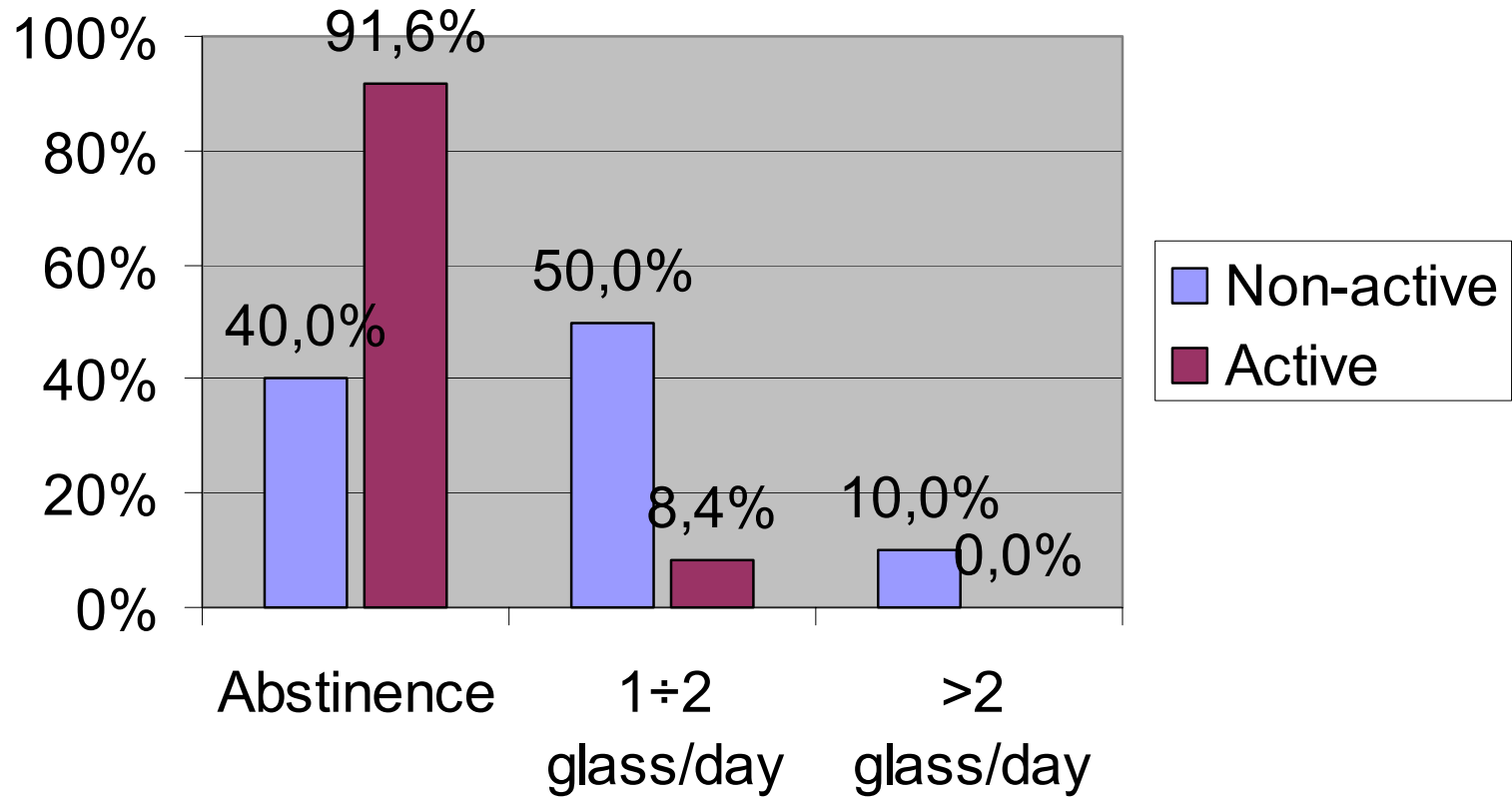
(Mann-Whitney, p=0.000)

SMOKING



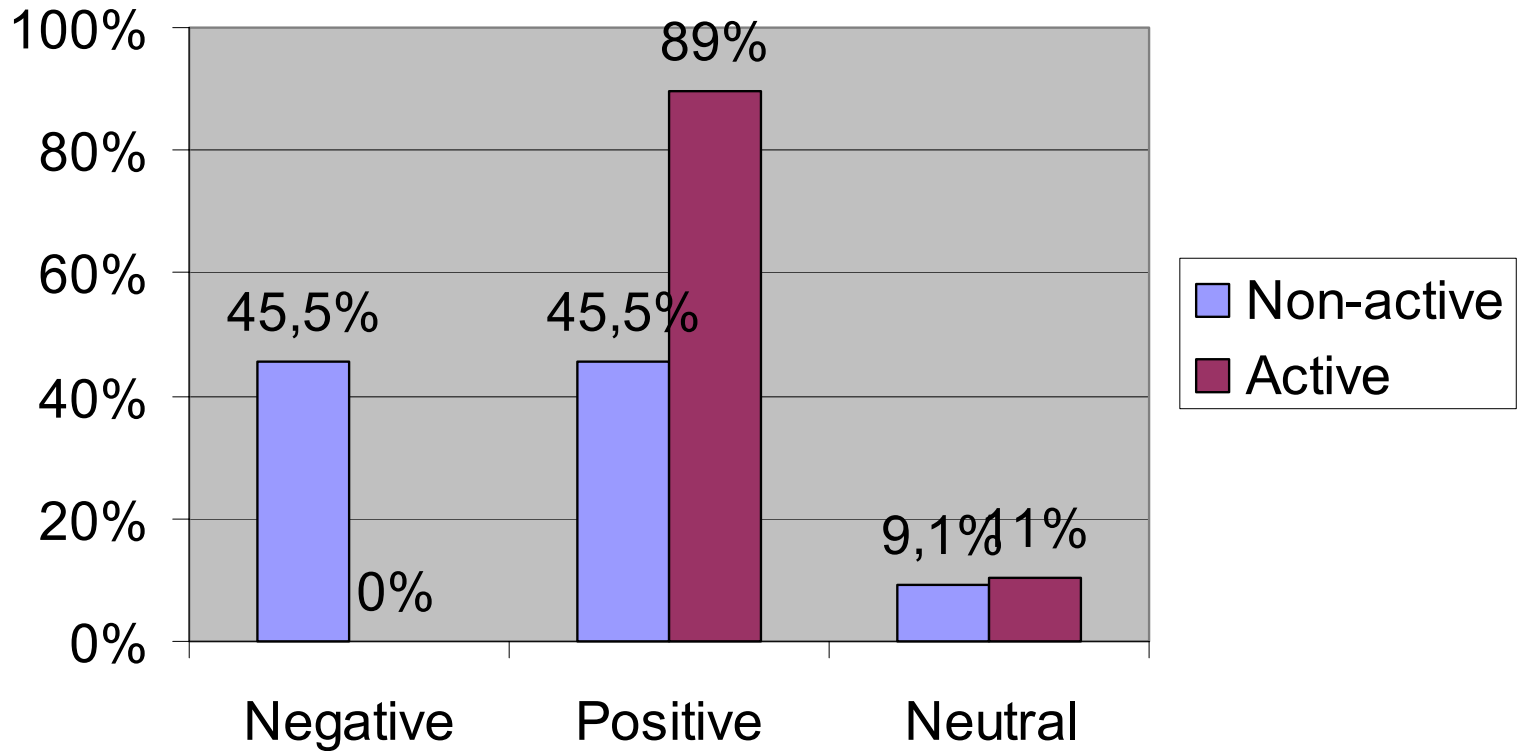
(χ^2 , p=0.003)

ALCOHOL CONSUMPTION



(Mann-Whitney, p=0.006)

ATTITUDE TOWARDS MENOPAUSE



p=0.003

NUTRITION

	Non-active	Active	(Mann Whitney)
Milk and dairy products	32.70	34.17	0.728
Soya and soya products	21.30	43.67	0.000
Fruits	30.40	36.08	0.025
Legumes and vegetables	29.90	36.50	0.005
Nuts	25.17	40.44	0.000
Seeds	25.40	40.25	0.001
Whole-grain cereal	24.87	40.69	0.000
Eggs	47.70	21.67	0.000
Fishes, poultry	49.10	20.50	0.000
Meat and meat products	50.33	19.47	0.000
Coffee and caffeinic drinks	49.55	12.78	0.000

LIMITATIONS OF THE RESEARCH

- small sample
- non-randomised sampling procedures
- quasi-experimental design