



DEPRESSION, ANXIETY, PSYCHOLOGICAL DISTRESS AND QUALITY OF LIFE OF WOMEN IN MENOPAUSAL PHASE

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Abstract

The current research was conducted to investigate the relationship between depression, anxiety, psychological distress and quality of life of menopausal women. A cross-sectional research design was used. A sample of 100 women, age range 45-50 (50 women going through menopause and 50 women without menopause) were selected from two hospitals in Lahore, Pakistan. Assessment scales used included the Kessler Psychological Distress Scale (K10, Kessler and Mroczek, 1992), the Utian Quality of Life Scale (UQOL, Utian, Janata, Kingsberg, Schluchter and Hamilton, 2002) and the Hospital Anxiety Depression Scale (HADS, Zigmond and Snaith, 1983). Significant positive correlation was found between anxiety, depression and psychological distress and a negative correlation in quality of life of menopausal women. There was a significant correlation between anxiety and depression levels, psychological distress and two facets of quality of life, i.e. health and emotional quality of life. Significant differences were found between quality of life of women with and without menopause. This research carries strong implication for the provision of psychological intervention to women who are going through phases of menopause. It was concluded that anxiety, depression and psychological distress emerged as strong predictors of quality of life for menopausal women.

Keywords

Menopause, psychological distress, phases of menopause