CORRELATION BETWEEN DEMOGRAPHICS, PERSONALITY TRAITS AND VASOMOTOR MENOPAUSAL SYMPTOMS IN A GREEK POPULATION SAMPLE

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Introduction

Vasomotor symptoms are amongst the most frequent and disturbing menopausal symptoms. Moreover, characteristics of personality as well as demographic parameters may also have an impact on women's menopausal symptomatology.

Objective

To investigate possible correlation with demographical and psychometric parameters and vasomotor symptoms in perimenopausal and postmenopausal women

Materials & Methods

100 perimenopausal and postmenopausal women, within 10 years from their last menstruation, were asked to answer the following questionnaires: Greene Climacteric Scale, Menopause Rating Scale, Hot flush beliefs scale and Big Five Inventory. All parameters of the questionnaires were correlated with age, nationality, residence, marital status, occupation and education. All statistical analyses were performed by the SPSS v.22. Level of statistical significance <0,05

Results

We found that vasomotor symptoms were statistically correlated with nationality, residence and education. Extraversion was correlated with occupation (p = 0,041), Agreeableness was correlated with age (p<0,001), nationality (p<0,001), residence (p=0,009), marital status (p<0,001), occupation (p=0,022), Conscientiousness was correlated with nationality (p<0,001) and marital status (p=0,016), Neuroticism was correlated with occupation (p=0,025) and Openness was correlated with education (p=0,006)

Table 1. Demographic characteristics of the postmenopausal women participating in the study (n = 100)

Demographics		N	frequency(%)	Mean±SD
Age		100		52.1±4.7
Years from menopause				3.8±2.9
Nationality	Greek	86	86%	
	Other	14	14%	
Residence	City	50	50%	
	Village	50	50%	
Occupation	Working	66	66%	
	Unemployed/pension	34	34%	
Marital Status	Married	83	83%	
	Divorced/widow	17	17%	
Educational Level	Primary	22	22%	
	Secondary	42	42%	
	Tertiary	36	36%	

Table 2: Univariate linear regression analysis of the association of personality traits and sociodemographic parameters with MRS scores.

	MRS-Psychological	MRS-Somatic	MRS-urogenital	MRS total
BFI-Openess	-0.23 (0.05)***	-0.147 (0.05)**	-0.13 (0.05)**	-0.507 (0.12)***
BFI-contientiousness	0.21 (0.14)	-0.06 (0.12)	0.36 (0.11)**	0.51 (0.31)
BFI-extraversion	-0.14 (0.14)	-0.187 (0.12)	-0.063 (0.11)	-0.387 (0.30)
BFI-agreableness	0.61 (0.10)***	0.54 (0.09)***	0.29 (0.09)**	1.43 (0.22)***
BFI-Neuroticism	-0.05 (0.14)	-0.12 (0.12)	-0.13 (0.11)	-0.30 (0.31)
Nationality				
Greek		Reference		
Other	-0.47 (0.19)*	-0.17 (0.17)	-0.40 (0.16)*	-1.04 (0.43)*
Residence				
City		Reference		
Village	-0.13 (0.14)	0.05 (0.12)	-0.08 (0.11)	-0.16 (0.30)
Occupation				
Working		Reference		
Unemployed/pension	0.49 (0.13)***	0.25 (0.12)*	0.314 (0.115)**	1.05 (0.3)***
Marital Status				
Married		Reference		
Other	-0.48 (0.17)**	-0.34 (0.15)*	-0.21 (0.15)	-1.03 (0.39)**
Educational Level				
Primary		Reference		
Secondary	0.3 (0.18)	0.24 (0.15)	0.28 (0.14)	0.83 (0.39)*
Tertiary	0.09 (0.18)	-0.09 (0.16)	-0.10 (0.15)	-0.09 (0.39)

*Data are presented as beta coefficient (SE). *: p<0.05, **: p<0.01, ***: p<0.001. BFI: Big Five Inventory; MRS: Menopause Rating Scale*

Table 3: Univariate linear regression analysis for the association of personality traits and sociodemographic parameters with HFBS scores

	HFB-coping with hot flushes	HFB-coping with night sweats	HFB-impact on social life	HFB total
BFI-Openess	-0.22 (0.08)**	0.06 (0.06)	0.11 (0.11)	0.39 (0.18)*
BFI-contientiousness	0.53 (0.19)**	0.06 (0.15)	0.46 (0.25)	1.04 (0.417)*
BFI-extraversion	0.68 (0.18)***	0.18 (0.15)	0.53 (0.25)*	1.39 (0.40)***
BFI-agreableness	-0.52 (0.15)**	-0.06 (0.13)	-0.32 (0.21)	-0.90 (0.35)*
BFI-Neuroticism	0.54 (0.18)	0.32 (0.15)*	0.25 (0.26)	1.11 (0.41)**
Nationality				
Greek		Reference		
Other	-0.80 (0.26)**	-0.23 (0.21)	-0.60 (0.36)	-1.63 (0.59)**
Residence				
City		Reference		
Village	-0.59 (0.18)**	-0.27 (0.15)	-0.10 (0.25)	-0.96 (0.41)*
Occupation				
Working		Reference		
Unemployed/pension	-0.17 (0.2)	0.06 (0.16)	-0.17 (0.27)	-0.28 (0.44)
Marital Status				
Married		Reference		
Other	-0.14 (0.25)	0.11 (0.20)	0.03 (0.34)	0.005 (0.56)
Educational Level				
Primary		Reference		
Secondary	0.2 (0.24)	0.01 (0.18)	0.61 (0.33)	0.82 (0.53)
Tertiary	0.72 (0.25)**	0.57 (0.19)**	-0.45 (0.34)	1.73 (0.55)**

*Data are presented as beta coefficient (SE). *: p<0.05, **: p<0.01, ***: p<0.001. BFI: Big Five Inventory questionnaire; HFB: Hot Flush Belief questionnaire*

Conclusions

- Demographic parameters such as age, occupation, nationality, residence, marital status and education were correlated with vasomotor symptoms and personality characteristics in the women of our sample.
- Openness, Conscientiousness and Agreeableness were the most important predictors for the severity of menopausal symptoms in our sample

References

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