



OCT 18, 2023

# 🌐 The efficacy of non-pharmaceutical treatment of menopausal musculoskeletal symptoms: A state-of-the-art scoping review protocol

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**DOI:**  
[dx.doi.org/10.17504/protocols.io.n92ldm7wnl5b/v1](https://dx.doi.org/10.17504/protocols.io.n92ldm7wnl5b/v1)

**Protocol Citation:** Delyth Wyndham, June Keeling 2023. The efficacy of non-pharmaceutical treatment of menopausal musculoskeletal symptoms: A state-of-the-art scoping review protocol.  
**protocols.io**  
<https://dx.doi.org/10.17504/protocols.io.n92ldm7wnl5b/v1>

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**Protocol status:** Working  
We use this protocol and it's working

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**Created:** Oct 18, 2023

**Last Modified:** Oct 18, 2023

**PROTOCOL integer ID:**  
89535

**Keywords:** State-of-the-art  
Scoping Review, Menopause,  
Non-pharmaceutical  
Treatment, Musculoskeletal  
Symptoms

## ABSTRACT

### ***Objective:***

The objective of this state-of-the-art scoping review is to examine the scope of the contemporary research literature evaluating the efficacy of non-pharmaceutical treatment of musculoskeletal symptoms during menopause.

### ***Introduction:***

Although recent studies and reviews often reveal the complexities of menopause symptoms, no current reviews were identified that summarise contemporary existing knowledge on the efficacy of the variety of non-pharmaceutical treatments from a symptoms-based perspective. Menopause has an adverse impact on musculoskeletal health due to reducing oestrogen, which may result in painful symptoms. The prevalence rates of musculoskeletal symptoms during menopause highlights the need for treatment efficacy. The efficacy of non-pharmaceutical treatments for musculoskeletal symptoms has not yet been fully explored in a state-of-the-art scoping review.

### ***Inclusion criteria:***

This review will consider cross-sectional, longitudinal, prospective or retrospective studies; reviews; or evidence-based syntheses/guidelines considering the efficacy of a non-pharmaceutical treatment of musculoskeletal symptoms during menopause. The inclusion criteria for article selection will be primary research presented in full text English language articles published in peer reviewed journals. During screening it will become apparent the right moment to mark the beginning of state-of-the-art thinking about the topic.

### ***Methods:***

The state-of-the-art scoping review aims to methodically explore the quantity and type of research evaluating the efficacy of non-pharmaceutical treatment of musculoskeletal symptoms during menopause. The key information sources to be searched are the Cochrane Central Register of Controlled Trials (CENTRAL); EBSCO; Web of Science; and EMBASE (Ovid). Two reviewers will screen the titles and abstracts for inclusion using the Rayyan research collaboration platform. The full text of publications meeting the inclusion criteria will be examined for eligibility. Meta-data will be extracted using a standardised template.

## ATTACHMENTS

[Meno MSK - Scoping  
Review - PRISMA-ScR.pdf](#)

