

# CONTENTS

Item	Page
<b>INTRODUCTION</b>	<b>1</b>
<b>AIM OF THE STUDY</b>	<b>4</b>
<b>REVIEW OF LITERATURE</b>	
<b>-Menopause:</b>	
- Introduction of menopause.....	5
- Definition of menopause.....	6
- Factors affecting on the time of menopause.....	7
- Confirming menopause status.....	7
- Changes during menopause:	
* Physical changes .....	8
* Psychological and emotional changes .....	10
- Nurses role toward midlife of menopause women.....	16
<b>-Quality of life of menopause women:</b>	
- Definition .....	25
- Quality control.....	26
- Quality of enhancement technique.....	27
- Turn menopause and mid life into positive experience.....	28
- Community mental health nurses.....	29
- Quality of mental health nurses.....	30
<b>SUBJECTS AND METHODS</b>	<b>31</b>
<b>RESULTS</b>	<b>38</b>
<b>DISCUSSION</b>	<b>53</b>
<b>CONCLUSION &amp; RECOMMENDATIONS</b>	<b>60</b>
<b>SUMMARY</b>	<b>64</b>
<b>REFERENCES</b>	<b>70</b>
<b>APPENDICES</b>	
<b>ARABIC SUMMARY</b>	

## **LIST OF TABLES**

<b>Tables</b>	<b>Pages</b>
Table (1) Socio-demographic characteristics of the studied menopausal women.	39
Table (2) Obstetric and menstrual history of the studied menopausal women.	41
Table (3) Quality of life among the studied subject	43
Table (4) Menopausal stages among studied subject..	44
Table (5) Distribution of severity of menopausal symptoms among the studied subject.	45
Table (6) Severity levels of depression among studied subjects.	46
Table (7) Relation between menopausal symptoms and quality of life (Q.O.L) among menopausal women.	47
Table (8) Relation between menopausal symptoms and depression levels among menopausal women.	48
Table (9) Relation between menopausal stages & menopausal symptoms among menopausal women	49
Table (10) Relation between menopausal stages & depression levels	50
Table (11) Relation between menopausal stages & QOL among studied subject	51
Table (12) Relation between depression levels and quality of life (QOL) among menopausal women	52