

Evaluation of Menopausal Women's Lifestyle in Baghdad City

W.H.Kshain^{a*}, H. S. Abdulwahid^{b**}

^{a*}Clinical Nurse Specialist, Baghdad Medical City, Ministry of Health, Baghdad City, Iraq;

^{b**} Assistant Professor, Department of Community Health Nursing, College of Nursing, University of Baghdad, Baghdad City, Iraq

Corresponding Author: W. H. Kshaina*

Abstract

Objective(s): This study is carried out to evaluate menopausal women's lifestyle and to identify the significant differences between these women's lifestyle and their socio-demographic characteristics of age, marital status, socioeconomic status, education, occupation, residence, and family type.

Methods: A descriptive design is carried out on purposive "non-probability" sample of (240) menopausal women, who are attending the primary health care centers at Al-Russafa District in Baghdad City, for the period from September 18th, 2016 to June 28th, 2017. A questionnaire has been developed for the purpose of the study. Content validity and internal consistency reliability for the study instrument are determined through a pilot study. Data are collected with the study instrument and the interview technique as means of data collection. Data are analyzed through the application of the descriptive and inferential statistical data analysis approaches.

Study Results: The study findings reveal that the majority of the menopausal women are displaying a moderate level of lifestyle (94.4%), and there is a significant relationship between women's education, marital status and their lifestyle and high significant relationship between their socioeconomic status and lifestyle. This reveals the positive effect of these characteristics on having better and healthier lifestyle during menopause. While women's age, occupation, residence, and family type are non-significant and do not influence on their lifestyle.

Conclusion: the study concludes that menopausal women are following healthy lifestyle in moderation manner.

Keywords: Evaluation, Menopausal Women, Lifestyle, Baghdad City.

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I. Introduction

All women eventually age and reach menopause, which is a natural and normal process in every woman among societies irrespective of civilization or country of origin. During menopause, a series of change and losses happens that are all associated with aging, such as loss of youth, beauty and fertility, changes in health and a down-regulation of hormones, which leads to decreased femininity, and calcium levels. These changes could have an impact on the physical and psychological well-being of midlife women^[1]. Menopause is an important time in women's life; her body is going through many changes that can affect her life style, her social life, her feelings about herself, and her functioning at work. Women in different cultures have different experiences about menopause^[2]. Menopausal changes that occur in women effect on different aspects of their health status such as; reduce their physical activity, eating disorders, reduce their social activities and negatively related to their lifestyle^[3]. In turn, lifestyle factors of smoking, physical activity, medication, eating habit, demographic and socioeconomic status of age, education, occupation, and marital status can influence menopausal symptoms^[4].

On the other hand, healthy lifestyle is very important of a woman's life, physical activity is a factor strongly affects the course of menopause^[5]. Today, improving lifestyle and health is a basic requirement in human societies. Women manage family members' health, and they also have an important role in training and transitions healthy lifestyle to the next generation in all age groups; more than one third of woman's life is spent in menopause^[6]. Lifestyle typically reflects an individual's attitudes, way of life, values, or worldview. Therefore, a lifestyle is a means of forging a sense of self and to create cultural symbols that resonate with personal^[7]. The current study aims to evaluate menopausal women's ways of living during their menopause through determine their lifestyle and the significant differences between their lifestyle and their socio-demographic characteristics of age, marital status, socioeconomic status, education, occupation, residence, and family type.

II. Methods

A descriptive study is conducted to evaluate women's lifestyle of the Iraqi menopausal women attending Primary Health Care Centers at Al- Russafa Districts in Baghdad City, a purposive (Non-probability) sample of (240) woman, aged between (45-65) years old, is selected. The period of the study is from September 18, 2016 to June 28, 2017. Data are collected by using a developed questionnaire from women's lifestyle questionnaire consists of multiple scales^[8]^[9]. Modifications and additions are performed to the instrument to fit the Iraqi women's culture. The study instrument is comprised of two parts; the first part is dealing with menopausal women's socio-demographic characteristics of age, education, marital status, occupation, residence, family type and family socioeconomic status^[10]. The second part is consisted of women's lifestyle of (40) items. Content validity of the questionnaire is determined through a panel of (10) experts and the internal consistency reliability is determined through a split-half technique and the computation of Cronbach alpha correlation coefficient of (0.72). Data are collected with interview technique as means of data collection after obtaining the participants' agreement to be involved in the study. Data analysis is employed through the application of descriptive and inferential statistical data analysis approaches. All the statistical procedure tested at $p \leq 0.05$.

III. Results

Table (1). Distribution of Women According to Their Socio-Demographic Characteristics

List	Socio-demographic Characteristics	F	%	
1	Age group:	45 – 50 years	93	38.8
		51 – 55 years	88	36.7
		56 – 60 years	40	16.7
		61 – 65 years	19	7.9
		Total	240	100
2	Marital status:	Married	173	72.1

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		Divorced	11	4.6
		Widowed	56	23.3
		Total	240	100
3	Socioeconomic Status:	Low	126	52.5
		Moderate	94	39.2
		High	20	8.3
		Total	240	100
4	Residency:	Urban	120	50
		Rural	120	50
		Total	240	100
5	Family Type:	Nuclear	106	44.2
		Extended	134	55.8
		Total	240	100

F: Frequency, %: Percentage

Table (2). Overall Evaluation of Women's Lifestyle

Women's Lifestyle	F	%
Low	10	4.2
Moderate	229	95.4
High	1	0.4
Total	240	100

F: Frequency, %: Percentage, Low= (40-66), Moderate= (67-93), High= (94-120)

The overall evaluation of women's life style reveals that most of them are displaying a moderate level of lifestyle (95.4%), and (4.2%) are presenting low level of life style, while only one woman has experienced high level of lifestyle (0.4%).

Table (3): Mean of Scores on Items of Menopausal Women's life style related to Eating Habits (N=240)

List	Items	Scale	F (%)	M.S	Sig.
1	How many meals do you eat a day?	3 meals per day	66 (27.5)	1.92	S
		1-2 meals per day	91 (37.9)		
		I eat fourth meal daily	83 (34.6)		
2	Do you use healthy oil in cooking such as Vegetable oil?	Always	69 (28.8)	2	S
		Sometimes	97 (40.4)		
		Never	74 (30.8)		
3	Do you add salt to your food?	Always	84 (35)	2	S
		Sometimes	78 (32.5)		
		Never	78 (32.5)		
4	Do you drink soda and caffeine beverage such as Coffee and Pepsi?	Always	87 (36.2)	1.96	S
		Sometimes	75 (31.3)		
		Never	78 (32.5)		
5	Do you eat white meat, such as fish and chicken rather than red meat?	Always	107 (44.6)	2.16	S
		Sometimes	64 (26.7)		
		Never	69 (28.8)		
6	Do you read the nutrition facts table on food labels?	Yes, and I understand the information	145 (60.4)	2.37	H.S
		Often, but I find it difficult to understand	40 (16.7)		
		Rarely	55 (22.9)		
7	Do you eat between meals?	Don't have a snack	87 (36.3)	2.13	S
		I generally eat during the evening	98 (40.8)		
		I often nibble between meals	55 (22.9)		
8	How much water you take daily?	Less than 8 glass	25 (10.4)	2.47	H.S

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		8 glass	77 (32.1)		
		More than 8 glass	138 (57.5)		
9	Do you eat food rich in minerals and vitamins, such as vitamin D and calcium in green vegetable ?	Always	117 (48.8)	2.32	S
		Sometimes	84 (35)		
		Never	39 (16.3)		
10	How many dairy products do you consume each day such as milk, cheese, and yogurt?	< once a week	44 (18.3)	2.46	H.S
		2-3times a week	42 (17.5)		
		> 4 times a week	154 (64.2)		
11	How many fruits and vegetables do you eat each day?	< once a week	11 (4.6)	2.55	H.S
		2-3 times a week	85 (35.4)		
		> 4 times a week	144 (60)		
Total				2.14	S

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance, N.S: Not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: Highly significant (MS= 2.34-3)

This table presents that the mean of scores on items of women's life style related to eating habits among women as a part of their life style is significant on all items, except items (6, 8, 10 and 11) which are highly significant.

Table (4): Mean of Scores on Items of Menopausal Women's life style related to Exercises (N=240)

List	Items	Scale	F (%)	M.S	Sig.
1	Do you exercise daily?	Always	30 (12.5)	1.52	N.S
		Sometimes	64 (26.7)		
		Never	146 (60.8)		
2	How sometimes do you exercise?	Daily	10 (4.2)	1.23	N.S*
		2-3 times/week	37 (15.3)		
		< 3 time/ week or none	193(80.5)		
3	How long do you exercise?	At least 20 minute or none	158(65.8)	1.53	N.S*
		20-40 minutes	37 (15.4)		
		> 40 minutes	45 (18.8)		
4	Do you drink water during and/or after a training session?	Always	32 (13.3)	1.52	N.S
		Sometimes	61 (25.4)		
		Never	147 (61.3)		
Total				1.45	NS

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance,

N.S: Not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: High significant.

This table indicates that mean of scores on items of women's life style related to daily exercises are not significant.

Table (5): Mean of Scores on Items of Menopausal Women's life style related to Stress Management (N=240)

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List	Items	Scale	F (%)	M.S	Sig.
1	I spend a few moments each morning planning my day.	Disagree	55 (22.9)	2.40	H.S
		Uncertain	35 (14.6)		
		Agree	150 (62.5)		
2	I practice several relaxation techniques such as deep breathing.	Disagree	55 (22.9)	1.93	S
		Uncertain	146 (60.8)		
		Agree	39 (16.3)		
3	I have a close relationship with someone who I consider as my mentor or advisor.	Disagree	52 (21.7)	2.37	H.S
		Uncertain	48 (20)		
		Agree	140 (58.3)		
4	I sometimes reinterpret events in order to lower my stress.	Disagree	52 (21.7)	2.35	H.S
		Uncertain	53 (22)		
		Agree	135 (56.3)		
5	I maintain a program of regular exercise for fitness to reduce stress.	Disagree	147 (61.3)	1.52	N.S
		Uncertain	61 (25.4)		
		Agree	32 (13.3)		
6	I take a rest when I feel tired.	Disagree	51 (21.3)	2.37	H.S
		Uncertain	49 (20.4)		
		Agree	140 (58.3)		
Total				2.16	S

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance,

N.S: Not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: High significant (MS= 2.34-3)

This table reveals that the mean of scores on items of women's life style related to stress management strategies is highly significant on most items, except item (5) which is not significant.

Table (6): Mean of Scores on Items of Menopausal Women's life style related to Smoking Status (N=240)

List	Items	Scale	F (%)	M.S	Sig.
1	Do you currently smoke cigarettes?	Always	7 (2.9)	2.79	H.S
		Sometimes	35 (14.6)		
		Never	198 (82.5)		
2	How many cigarettes do you smoke per day?	> 20 cigarettes	6 (2.5)	2.87	H.S
		10-20 cigarette/day	17 (7.1)		
		< 10 cigarettes or none	217 (90.4)		
3	How long after you wake up you smoke your first cigarette.	Within 4 minute	13 (5.4)	2.80	H.S
		Within 6-20 minute	21 (8.8)		
		After 60 minutes or none	206 (85.8)		
4	Do you smoke more in the morning than in the	Always	13 (5.4)	2.8	H.S

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	afternoon?	Sometimes	22 (9.2)		
		Never	205 (85.4)		
Total				2.82	H.S

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance,

N.S: not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: Highly significant (MS= 2.34-3).

This table depicts that all women's life style related to smoking mean of scores items are high significant in negative manner.

Table (7): Mean of Scores on Items of Menopausal Women's Life style related to Family and Friend Relationships (N=240)

List	Items	Scale	F (%)	M.S	Sig.
1	I feel that there is no one I can share my most private worries and fears.	Agree	25 (10.4)	2.40	H.S
		Uncertain	95 (39.6)		
		Disagree	120 (50)		
2	I have a good relationship with my children.	Agree	120 (50)	2.55	H.S
		Uncertain	78 (32.5)		
		Disagree	15 (6.3)		
3	I have close relationship with my spouse.	Agree	120 (50)	2.36	H.S
		Uncertain	87 (36.3)		
		Disagree	33 (13.8)		
4	I like to a share of my time with my friends.	Agree	88 (36.7)	2.10	S
		Uncertain	87 (36.3)		
		Disagree	65 (27.1)		
5	I feel isolated and away from the community.	Agree	50 (20.8)	2.34	H.S
		Uncertain	58 (24.2)		
		Disagree	132 (55)		
6	When I feel lonely, there are people I can talk with them.	Agree	132 (55)	2.34	H.S
		Uncertain	58 (24.2)		
		Disagree	50 (20.8)		
7	I feel less interest for my family.	Agree	45 (18.8)	2.36	H.S
		Uncertain	64 (26.7)		
		Disagree	131 (54.6)		
8	I sometimes like to meet or talk with my family or friends.	Agree	97 (40.4)	2.23	S
		Uncertain	101 (42.1)		
		Disagree	42 (17.5)		
Total				2.33	S

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance,

N.S: Not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: Highly significant (MS= 2.34-3).

This table shows that all mean of scores on items of women's life style related to family and friend Relationships are highly significant, except items (4) and (8) which are significant.

Table (8): Mean of Scores on Items of Menopausal Women's

Life style related to Sleep Habits (N=240)

List	Items	Scale	F (%)	M.S	Sig.
1	I sleep 8hrs/day.	Always	98 (40.8)	1.95	S
		Sometimes	31 (12.9)		
		Never	111 (46.3)		
2	I have nap during the day.	Always	91 (37.9)	1.91	S
		Sometimes	37 (15.4)		
		Never	112 (46.7)		
3	I have trouble falling asleep.	Always	104 (43.3)	1.86	S
		Sometimes	65 (27.1)		
		Never	71 (29.6)		
4	I wake up during the night.	Always	104 (43.3)	1.79	S
		Sometimes	83 (34.6)		
		Never	53 (22.1)		
5	I am unable to return to sleep easily if I wake up during the night.	Always	98 (40.8)	1.81	S
		Sometimes	90 (37.5)		
		Never	52 (21.7)		
6	I wake up early in the morning, and I am still tired and unable to return to sleep.	Always	101 (42.1)	1.80	S
		Sometimes	86 (35.8)		
		Never	53 (22.1)		
7	I have nightmares and a great deal of sweats during sleep.	Always	41 (17.1)	2.27	S
		Sometimes	94 (39.2)		
		Never	105 (43.8)		
Total				1.91	S

F: Frequency, %: Percentage, M.S: Mean of Scores, Sig: Level of significance,

N.S: Not significant (MS= 1-1.66), S: Significant (MS= 1.67-2.33), H.S: Highly significant (MS= 2.34-3)

This table depicts that all mean of scores on women's lifestyle related to sleep habits are significant.

Table (9). Significant Differences between Menopausal Women's Socio-demographic Characteristics and theirLifestyle (N=240)

Lifestyle Socio-demographic Characteristics	Sources of Variance	Sum of Square	Df	Mean Square	F	P≤ 0.05	Sig.
Age	Between Group	0.040	3	0.013	0.296	0.828	N.S
	Within Group	10.623	236	0.045			
	Total	10.663	239				
Education	Between Group	0.249	6	0.041	7.253	0.001	H.S
	Within Group	10.414	233	0.045			
	Total	10.663	239				
Marital Status	Between Group	0.131	2	0.065	2.984	0.050	S
	Within Group	10.532	237	0.044			
	Total						

	Total	10.663	239				
Occupation	Between Group	0.044	2	0.022			
	Within Group	10.618	237	0.045	0.492	0.610	N.S
	Total	10.663	239				
Socioeconomic Status	Between Group	0.197	2	0.099			
	Within Group	10.465	237	0.044	8.372	0.001	H.S
	Total	10.662	239				

df: Degree of freedom, F: F-statistic, P: Probability value, Sig: Level of significance, N.S: Not significant, S; Significant

This table indicates that there is no significant difference between menopausal women's age groups, education and marital status and their perceptions toward menopause at $P \leq 0.05$. However, there is significant difference between menopausal women's occupation and socioeconomic status and their perception toward menopause at $P \leq 0.05$.

Table (10). Comparative Differences between Menopausal Women's Socio-demographic Characteristics of Residency and Family Type and their Lifestyle (N=240)

Lifestyle		M	SD	T	df	p ≤ 0.05	Sig.
Socio-demographic Characteristics							
Residency	Urban	77.54	7.103	0.330	238	0.741	N.S
	Rural	77.24	6.964				
Family Type	Nuclear	76.99	6.755	-0.787	238	0.432	N.S
	Extended	77.71	7.234				

M: Mean, SD: Standard deviation, t: t-test, df: Degree of freedom, Sig: Significance, p: Probability Value, N.S: Not significant

Results out of this table reveal that there is no significant difference between menopausal women's perceptions toward menopause relative to their residency and family type at $p \leq 0.05$.

V. Discussions of the Results

Table (1) presents the socio-demographic characteristics of the women in the present study. Such characteristics demonstrate the reality of these women. The table indicates that about one third of them are with age group ranges between (45-50) year old (38.8%) and (36.7%) are (51-55) years old. Most of them are married (72.1%) and (23.3%) are widowed, while only (4.6%) of them are divorced. Regarding women's socioeconomic status, more than half of the sample have low socioeconomic status (52.5%) and (39.2%) have moderate level, and (8.3%) have high socioeconomic status. Women's educational level reports that (15.4%) of them are unable to read and write, (7.1%) are able to read only and (15.4%) are able to read and write, while elementary school graduate, middle school graduate, high school graduate, and diploma and college graduates are (17.5% ,15.8%,16.7%, 12.1%) of the sample respectively. Concerning women's occupation, (80.8%) of them are housewives, (12.9%) are self-employed and (6.3%) are government employee. Relative to their residency and family type, they are equally distributed with respect to the urban and rural areas (50%) and more than half of them live in extended families (55.8%).

Part I: Discussion for the Evaluation of Menopausal Women's Lifestyle

Data analysis of the overall evaluation of menopausal women's lifestyle presents that the majority of them are displaying a moderate level of lifestyle (Table 2). This result can be interpreted through the results of the mean of score for related items, for instance, findings regarding menopausal women's lifestyle related to eating habits reveals that (8) items are significant and (3) items are highly significant (Table 3). This significance sometimes comes in a negative manner and the others in the positive manner, which worsens the variation in the diet pattern of these women and the study, cannot confirm that they have a healthy diet within the recommended standards. Muhson study which previously been mentioned, reported that menopausal women's eating habits are highly significant (2.37) and this result is not consistent with the present study^[11]. However, in another study at a developing country in Mauritania, they determined the mean scores of eating habits among Mauritanian menopausal women and it was (M.S total= 1.78), lower than the current study finding^[12].

Concerning menopausal women's lifestyle related to exercise; it is obvious that most of them do not exercise, as all the items are not significant (Table 4). Almost all of these women justify it to their joint pain complains and bone problems as a sequence outcome of menopause, which reveal their ignorance regarding the benefits of exercising and physical fitness in this stage of life.

Menopausal women's lifestyle related to stress management items show that almost all of them are highly significant except one item is not significant and the total mean of score is significant (Table 5). This finding indicates that those women have the ability to manage their stress. Managing stress among Iraqi women becomes a tactic for daily life due to the hard and high impact of economic and political events in which the country going through.

Smoking status among menopausal women depicts that most of them are nonsmoker (Table 6); therefore, items of their lifestyle related to smoking are high significant in negative manner. This fortunately attributed to the Iraqi's cultural traditions, which does not encourage women to smokes.

Studies in Egypt and Iran also reported higher percentage of nonsmoker among menopausal women (98.4%) and (81.5%) respectively^{[13][14]}.

Relative to family and friend relationship among menopausal women, analysis of data depicts that half of women have a good relationship with their spouse, friends and children (Table 7). Most of the items are highly significant, items (2, 3, 4, 6, 7 and 8) are significant in term that those women are having well social relationship with the family and friend, while items (1 and 5) are significant in terms of not sharing worries with others and feeling of isolation from the community. In general, their social wellbeing is good in this stage of their life. This findings are consistent with studies conducted in America and Nigeria, they reported that (35.1%) and (77.6%) respectively had social support and relationship with their family and friends^[15].

Concerning sleep habits, menopausal women's related items are significant; the items of sleeping (8) hours or less and having a nap every day are significant in terms that they are doing well regarding recommended hours of sleep. The remaining items; having trouble

falling asleep; waking up during the night; unable to return to sleep easily if wake up during the night; wake up early in the morning and still tired and unable to return to sleep and having nightmares and sweat during sleep are also significant. But in terms that those menopausal women are facing sleep disturbances and problems (Table 8).

Menopausal women often experience some kind of sleep problem. This can range from not getting to sleep or not staying asleep to sleep disorders such as sleep apnea^[16].

Regarding the relationship between menopausal women's sociodemographic characteristics and their lifestyle, the findings indicate that there is a significant relationship between women's education, marital status and their lifestyle and high significant relationship between their socioeconomic status and lifestyle (Table 9). However, there is no significant association is detected between women's age, occupation, residency, family type and their lifestyle at p-value (≤ 0.05) (Table 9 and 10)^[17].

VI. Conclusion

The majority of the menopausal women are following healthy lifestyle in a moderation manner. There is a significant relationship between menopausal women's education, marital status and their lifestyle and high significant relationship between their socioeconomic status and lifestyle. This reveals the positive effect of these characteristics on having better and healthier lifestyle during menopause. Menopausal women's age, occupation, residence, and family type are non-significant and do not influence on their way of living.

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