

Table 5: Correlates of menopause with depression, anxiety, and stress using multivariate regression analysis in (n=1101)

	Regression	SE	t	P
Depression				
Age in years	0.371	0.137	2.708	<0.01
Diastolic BP	-0.579	0.218	-2.643	0.01
Consanguinity	0.748	0.366	2.043	0.04
Regular exercise	0.046	0.021	2.238	0.03
Anxiety				
Diastolic BP	-0.030	0.011	-2.653	<0.001
Occupation	0.177	0.073	2.417	0.02
Physical activity	0.423	0.209	2.018	0.04
Stress				
Age in years	-0.006	0.002	-2.532	0.01
Occupation	-0.020	0.010	-2.052	0.04
Sheesha smoking	-0.086	0.043	-2.003	0.04

BP: Blood pressure, SE: Standard error

of depressive and stress symptoms, this consistent with the previous reported studies.^[6-9,13,28] Furthermore, the current data suggest that there is a strong association between depression, anxiety and stress symptoms high rates in menopause and postmenopausal women. These findings are confirmative with some previous reported studies.^[6-9,13,21-28]

Limitations and strengths

One of the strengths of this study was the large sample size; this is particularly important in order to have sufficient power to examine interaction effects. This study based on a large representative's sample. There are several limitations of this study. First, this is cross sectional study and thereby, subjects might be misclassified in this analysis. Second, the study sample was based on PHC clinics visits. Third, the majority of the study sample was Arab women and of relatively high socioeconomic and education status; hence, the results may not be generalizable to the population of all midlife women. This cohort is also diverse in terms of geographic region of the country and race/ethnicity. Results must also be interpreted in the context of study limitations.

Conclusion

A large number of factors were associated with experiencing menopausal and psycho-social problems and which had negative effects on the quality of life among Arabian women. Depression, anxiety and stress should be considered as an important risk factors for osteoporosis.

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Conflicts of interest

There are no conflicts of interest.

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