- 2 NOV 2001

LIBRARY AND INFORMATION CENTER
MAHIDOL UNIVERSITY

DETERMINANTS OF MENOPAUSAL SYMPTOMS AMONG VIETNAMESE POSTMENOPAUSAL WOMEN IN HANOI

NGUYEN THI THANH HUONG

อภินันทนาการ
จาก
บัณฑิตวิทยาลัย มหาวิทยาลัยมหิดล

A THESIS SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTERS OF ARTS (POPULATION AND REPRODUCTIVE HEALTH RESEARCH)

FACULTY OF GRADUATE STUDIES

MAHIDOL UNIVERSITY

2001

ISBN 974-04-0560-6

TH
N576d
2001

COPYRIGHT OF MAHIDOL UNIVERSITY

Copyright by Mahidol University

4338119 PRRH/M: MAJOR: POPULATION AND REPRODUCTIVE HEALTH RESEARCH; M.A. (POPULATION AND REPRODUCTIVE HEALTH RESEARCH)

KEY WORDS : MENOPAUSAL SYMPTOMS / SOCIO-DEMOGRAPHIC FACTORS / KNOWLEDGE / HEALTH PRACTICE

NGUYEN THI THANH HUONG: DETERMINANTS OF MENNOPAUSAL SYMPTOMS AMONG VIETNAMESE POSTMENOPAUSAL WOMEN IN HANOI. THESIS ADVISORS: CHANYA SETHAPUT Ph.D., KUSOL SOONTHORNDHADA Ph.D. 88 p. ISBN 974-04-0560-6

This study is a cross-sectional survey of Vietnamese postmenopausal women in Hanoi with the following objectives. To describe: 1) the prevalence and severity of menopausal symptoms, 2) knowledge of menopause, 3) health practices of the respondents. It is also to determine factors associated with knowledge of menopause and health practices, as well as menopausal symptoms. The sample includes 743 postmenopausal women, who are aged between 40 and 70 and have stopped menstruation for two years or more. The face-to-face interview method is used by doctors of Hanoi Medical University to collect data in the year 2000. Descriptive, bivariate and multivariate analyses are used to examine the data and obtain the following results:

Menopausal symptoms are likely to be an important health issue among Vietnamese postmenopausal women in Hanoi, in terms of both prevalence and severity. Psychological symptoms are the most frequent responses reported by respondents, followed by musculoskeletal, vasomotor and urinary symptoms. Knowledge of menopause, source of information and level of education are found to be related to the number of current symptoms. Health practice, knowledge, source of information, education and residence are found to be related to severity of symptoms. Both knowledge and health practices of the respondents are very poor. Those who live in urban areas, who have higher education, and who are exposed to mass media are more likely to have higher knowledge and more health practices.

More information on various aspects of menopause should be disseminated fist and most importantly through the mass media to every woman, especially to rural and low education women. Counseling, health promotion programs and hormone replacement therapy should be set up in order to solve the high prevalence of psychological, musculoskeletal, vasomotor and urinary symptoms and to reduce impact of the severity of menopausal symptoms.

Copyright by Mahidol University