

SUREbyts



Science Undergraduate Research Experience
Sharing Discovery

Prevalence of Overweight, Obesity and General Abdominal Obesity and Association with Menopause-Related Symptoms in Postmenopausal Women

Brianna Rice, Dr. Patricia Heavey

Department of Sport and Health, TUS Midlands



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Technological University of the Shannon:

Midlands Midwest

Ollscoil Teicneolaíochta na Sionainne:

Lár Tíre Iarthar Láir

Background

Menopause: Permanent cessation of a woman's menstrual cycle

Postmenopausal: No menstrual period in 12 months

Many symptoms, including weight gain and body shape changes occur at this time

Lack of published evidence

Aim

Find out if there is a link between prevalence of overweight/obesity and menopausal symptoms in postmenopausal women.

Methods

26 postmenopausal women
Average Age: 59.8 years

Study Design:
 Observational cross-sectional

Questionnaires:
 Lifestyle
 Menopausal Rating Scale (MRS)

Measurements:
 Height, weight and waist circumference

Data Analysis

T-tests

One-way ANOVA

Results & Future Outlook

A significant relationship exists between BMI and psychological MRS scores ($p=0.024$)

Future Research:
 Larger sample size
 No symptoms vs symptoms



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How to Complete an Awesome Final Year Project



Things can go wrong, don't panic!

- Research is not straightforward, particularly when working with people.
- Recruitment can be especially difficult, but always maintaining a positive attitude and allowing for things to go wrong is very important.

