Chinese midlife women's perceptions and attitudes about menopause.

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OBJECTIVE: The purpose of this research was to discover and describe the meaning of and attitudes toward menopause in midlife Chinese women in Taiwan. How these women learned about menopause was also explored. DESIGN: Questionnaires were distributed to a convenience sample of 208 Chinese women aged 35 to 55 living in Taiwan; 168 responded. Qualitative data were analyzed using content analysis. Percentage and chi-square were used to examine the quantitative data. RESULTS: The findings...
DISCUSSION Women's Perceptions of Menopause

The results of this study indicate the majority of Taiwanese women in their middle years have no particular feelings at all (35.8%) about the cessation of menses in contrast to 25.6% of Australian women. Most Australian women reported feeling relieved (47.8%) about the cessation of menses compared to 32.1% of Taiwanese women. Women's attitudes toward the menopause, and this part also included women's levels of knowledge about menopause, information on taking any hormonal drug, medicine for anxiety or depression that menopause causes, drugs against sleep disturbances that menopause causes, or calcium supplements for menopause symptoms, if their social life was affected after menopause, and to what degree they cope with menopause in general.

CONCLUSIONS: Study findings indicate that Chinese women in Taiwan perceive menopause in a positive and holistic way. Culturally sensitized Western practitioners can utilize this study's findings to more appropriately individualize care for Chinese midlife women.