LITERATURE REVIEW:

1. Deeks A A et. al (2004) Two descriptive surveys were carried out to assess Well- being and menopause: an investigation of purpose in life, self-acceptance and social role in premenopausal, perimenopausal and postmenopausal women. These studies concluded that, the menopause may indicate to women that their role/purpose in life is changing. It is important that any understanding of the menopause incorporate psychosocial aspects of women’s lives.

2. Peter C et.al (2007) A cross sectional study was conducted to determine the frequency and intensity of menopausal symptoms as well as associated risk factors among Ecuadorian women at Luis Vernaza Hospital, Guayaquil. Study concluded that, age, the menopause, sexual inactivity and educational level were independent risk factors predicting more severe menopausal symptoms.

3. Fallahzadeh H et.al (2010) A cross-sectional study was conducted to assess quality of life after the menopause in Yazd, Islamic Republic of Iran. It concluded that, menopause causes a decrease in quality of life, which is dependent to work and other socio-demographic variables. Therefore, it is necessary to develop effective intervention programs to improve quality of life after menopause.

4. Shahedur R A (2011) cross sectional study was conducted to assess menopausal related symptoms among middle age women of Kushtia region of Bangladesh. The study concluded that prevalence of classical menopausal symptoms of hot flushes and sweating were lower compared to studies on Caucasian women.

5. El Shafie et.al (2011) A cross-sectional study was carried out among women between 40 and 60 years old from the representative regions of Omani society, to analyze the prevalence and severity of climacteric symptoms and associated risk factors. Study concluded that, increased severity of symptoms was found to be related to age, advanced stage of menopause, and lower educational level.
6. **Josefa Marquez membrive et.al (2011)** A descriptive and cross sectional study was done to determine the association between the professional activity and the perceived quality of life in climacteric women who work in Health and Education at Spain. It concluded that, Nursing professionals can develop health programs that deal with the work conditions that negatively influence the perceived quality of life in climacteric women.

7. **Ojeda E et. al (2011)** A study was conducted to assess menopausal symptoms among two specific indigenous Latin American populations. Study concluded that, severe menopausal symptoms found among Latin American women could be the result of their indigenous ethnic origin; the urogenital domain is the most affected.

8. **Didem Sunay (2011)** Study conducted to investigate whether acupuncture has an effect on menopausal symptoms. Study concluded that acupuncture was effective in reducing menopausal complaints.

9. **Rita M (2012)** A prospective study was conducted in the department of OBGYN, Nepal medical college teaching hospital (NMCTH), Kathmandu Nepal to find out the major health problem in mid-life of female, to see the age of menopause and to see prevalence of menopausal symptoms and common menopausal symptom among Nepalese women. The findings of the study showed that, the mean age of menopause was found to be 49.9% with urinary tract infection being the major clinical diagnosis and physical menopausal symptoms being the commonest.

10. **Masoumeh AK et .al(2012)** A cross sectional study was conducted to determine the prevalence and severity of menopausal symptoms and related factors among women, in Kashan, Iran. Study concluded that, employment, higher educational levels, doing physical activity and duration of menopause of more than five years is associated with milder menopausal symptoms.
11. **Donald S C et. al (2012)** Cross-sectional study was conducted to find out the health problems among rural post-menopausal women and to compare the results with few of the studies in the past with different settings at Vadodara district, Gujarat. Study concluded that, rural post-menopausal women suffer from variety of health problems and it has also some relevance to the settings they come from.

12. **Oppermann K et.al (2012)** cross sectional study was conducted to identify the prevalence of physical, psychological, and menopause-related symptoms and their association with minor psychiatric disorders in premenopausal, perimenopausal, and postmenopausal women at Brazil. Based on the findings study concluded that, Low education level, memory loss, irritability, and the menopausal transition represent risk factors for positive findings in a screening for minor psychiatric disorders.

13. **Dorota Zolniercquk-Kieliszek et.al (2012)** An observational cross sectional study was conducted to reveal the influence of the permanent domicile on the quality of life of women in peri- and post-menopausal period, and to establish the influence of employment as a full-time agricultural worker on the quality of life in these women at Lublin Province. It concluded that, awareness of the dependence is necessary in order to effectively plan health education and physical and social health promotion campaigns.

14. **Vijaylakshmi S et. al (2013)** A descriptive study was carried out to assess the menopausal transition among women residing at selected rural community at Amritsar, Punjab. The results of the study showed that, more prevalent symptoms were feeling tired (92.90%), headache (88.80%), joint and muscular discomfort (76.20%), physical and mental exhaustion (60.09%), sleeplessness (54.40%), depressive mood (37.30%), irritability (36%), dryness of vagina (36%), hot flushes and sweating (35.80%) and anxiety (34.50%). Study concluded that, the high percentage and scores of menopausal related symptoms (MRS) were observed in perimenopausal and postmenopausal women.
15. **Lia ornat et.al (2013)** To assess sexual function, satisfaction with life and menopause related symptoms, a cross sectional study was conducted in Spanish women. Study concluded that, lower sexual function was related to low SWL scale, age and menopausal symptoms while low SWLS score was related with economical problems, smoking, menopausal symptoms, and partner factors.

16. **Geetha R et .al (2013)** A cross-sectional descriptive survey design was conducted to assess prevalence of menopausal problems and the strategies adopted by women to prevent them. Study concluded as the most common symptoms reported were from the somatic and psychological subscale. All study subjects adopted some kind of strategies to prevent menopausal problems at home.

17. **Pranita A et. al (2013)** The study was conducted to correlate the quality of life in the form of psychological well-being in perimenopausal and post-menopausal women with obesity. It concluded that, necessary actions are needed to prevent occurrence of complications not only after menopause but also during perimenopausal period.

18. **Poomalar GK et. al (2013)** A cross sectional study was done to assess the quality of life during and after menopause among rural women, at Puducherry. Study concluded that, the menopause related symptoms had a negative effect on the quality of life of the perimenopausal and the postmenopausal women.

19. **Jansirani. N et. al** A narrative review was conducted to identify the menopausal symptoms experienced by women in multicultural settings in order to provide various coping strategies to improve their quality of life. Study concluded that differences in symptoms reporting among women may by suggested differences in symptoms sensitivity or a tendency to under report due to lack of education or embarrassment.
20. **Preeti K.et.al(2013)** conducted study with the aim to assemble the literature on menopause with special emphasis on risk factor which influences the health related QOL of menopause women. Study concluded that there was a significant association of the factors and HRQOL of life of menopausal women.

21. **Sarkar A et. al (2014)** A cross sectional study was conducted to evaluate various post menopausal symptoms and various demographic parameters at Jamnagar district, India. The study concluded that, as life expectancy and population of post-menopausal women increases, efforts are needed to educate them and make them aware about various menopausal symptoms. This will enable them to recognize these symptoms early, to seek timely medical treatment for the same and improve quality of life.

22. **Shakila. P et.al (2014)** A descriptive survey was conducted to assess the symptoms and awareness associated with menopause among Sri Lankan academic women ranging from the age 25 to 60. Study concluded that, very few studies have been undertaken regarding the importance of women's awareness level about the menopause phenomenon in their mental, psychological, and physical health, therefore this research finding will contribute to the available body of knowledge in this area.

23. **Joseph N et. al (2014)** A cross sectional study was done to assess the pattern and severity of menopausal symptoms and to find out the factors associated with these symptoms across various outreach clinics of Kasturba Medical College, Mangalore. Study concluded that, menopausal symptoms are common and cannot be ignored. More of menopausal clinics are needed for awareness generation, early recognition and treatment of related morbidities.

24. **Priya Bansal et. al (2014)** A cross sectional study was conducted to determine the prevalence of menopausal problems. Study concluded that, Headache (94.1%) and dizziness (81.5%) was the most commonly reported vasomotor
complaint. Most frequent psychogenic problem reported was sleep disturbance (68.9%).

25. **Batool SF et.al (2014)** A cross sectional comparative study was conducted to document the comparison of menopausal-related symptoms among educated and non educated women of Rawalpindi, Pakistan. Study concluded that, somatic symptoms were high in educated women as compare to uneducated women while the prevalence of psychological and Urogenital symptoms were high in uneducated women as compare to educated women.

26. **Sewasew TD et.al (2014)** A survey was conducted to examine middle-aged women’s menopausal symptoms experience and their attitude towards menopause in relation to some demographic factors... It concluded that, menopausal status, education and awareness on menopause among middle aged women were an important determinant to develop positive attitude towards menopause.

27. **Hoda A E et. al (2014)** To assess the menopausal related symptoms and their impact on the women’s quality of life a descriptive study was done at Makkah Al Mukkarmah.. It concluded that, mean scores of each domain suggest that menopausal symptoms were associated with decrease in women quality of life.

28. **Kuo Liu et .al (2014)** A cross-sectional was conducted to evaluate the influence of menopause on health related quality of life (HRQOL) in Beijing.. It concluded that, reduction in physical function was found within the first five years after menopause. Education level, physical activity, cigarette smoking, and chronic disease history were associated with HRQOL in middle aged Chinese rural women.

29. **Meena K et. al (2014)** A quasi experimental study was conducted to evaluate the knowledge of post menopausal woman about life style modifications in rural
areas of Tirupathi. The results revealed that there was a significant difference between pre test and post test knowledge.

30. **Jaydeepa T (2014)** A quasi experimental study was conducted with pretest and post test with control group to assess effectiveness of structured teaching program on knowledge regarding menopausal symptoms menopausal women. Study concluded that there was significant different in knowledge after post test.

31. **Patanwal Swati (2014)** A study was conducted to assess effectiveness of planned teaching program on knowledge regarding prevention of osteoporosis among post menopausal women. Study concluded that there was significant increase in the knowledge scores after post test. And there was no association between post test knowledge and demographic variables.

32. **Bino Shiny A J et.al (2014)** A quasi experimental study was conducted to evaluate to effectiveness of back strengthening exercises on low back pain among post menopausal women. Study concluded that back strengthening exercise was an effective in low back ache.

33. **Potdar Nutan et. al (2014)** An effective study was conducted to assess the psychological problems and coping strategies adopted by post menopausal women. Study results concluded that post menopausal women face psychological problem, they also adopt coping strategies to overcome these problems..

34. **Sussman et al (2015)** A retrospective study was conducted to assess the prevalence of menopausal symptoms among women prescribed hormone therapy (HT) using electronic medical record data. .. Study concluded that, electronic medical records may be a rich source of data for future studies of menopausal symptoms in this population.

35. **Shaberamanu M (2015)** A quasi experimental study was conducted to determine the effectiveness of counseling on reduction of stress among
menopausal women. Study concluded that counseling is an effective intervention to reduce the level of stress during menopause.

36. **Zhang JP et. al (2016)** A community based survey was done to investigate the prevalence of menopausal symptoms and sleep quality in menopausal transition (MT) and post-menopause (PM) women in Taiyuan, Shanxi. Study concluded that, menopausal symptoms are common but mild among women in Taiyuan, Shanxi during MT and PM. In these stages, the prevalence of poor sleep is high.

37. **Fatemeh S et .al (2016)** A cross-sectional study was conducted on postmenopausal women in Hamadan, Iran to assess Quality of Life in Postmenopausal Women. It concluded that, menopause causes a decrease in QOL, which is dependent to age, work, BMI, financial status and number of children variables. Therefore, it is necessary to develop effective intervention programs to improve QOL in postmenopausal women.

38. **Mirhaghjou SN et. al (2016)** A population-based cross-sectional survey was conducted to assess quality of life and its determinants in Iranian postmenopausal women using cluster sampling design. Study concluded that, menopause-related symptoms had negative impact on QOL.

39. **Singla ,et.al(2016)** Study is done to compare sociodemographic profile, attitude, coping strategies and psychiatric morbidity among rural and urban menopausal women. It concluded that Emotionally stable, literacy, medical knowledge about menopause, good social support was among predominant markers for positive outcome.