

## عنوان مقاله:

Psychological experiences of women regarding menopause

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** Menopause is one of the stages of life for women that cause a wide variety of symptoms, effects, and sometimes limitations. Therefore this study aims to describe the psychological symptoms of postmenopausal women. **Method:** This is a qualitative study using phenomenological method on postmenopausal women in the city of Isfahan. The sampling was at first carried out using simple sampling and later using snowball sampling method. The data gathering tool as interviews carried out in the office of obstetricians and gynecologists. Data were classified using Colaizzi's seven stage data analysis method. **Results:** Various psychological symptoms were reported in the interviews which can be summarized as irritability, aggression, fatigue, feelings of helplessness, and uselessness. **Conclusion:** During the interviews, postmenopausal women mentioned a variety of psychological symptoms that can cause limitations and hardships and require suitable support and follow-up

## کلمات کلیدی:

Isfahan, menopause, psychological experiences

## لینک ثابت مقاله در پایگاه سیویلیکا:

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