

Impact of Health Promoting Life Style Modification Education Intervention on Health Related Quality of Life of Postmenopausal Women

Nirmala Rathnayake*, Gayani Alwi, Janaka Lenor and Sarath Lekamwasam
University of Ruhuna, Sri Lanka

Menopause and related symptoms impair the overall health related quality of life (HRQOL). Health promoting life-style education is a cost effective approach to overcome such issues. This study aimed to evaluate the impact of a health promoting life-style modification education intervention on HRQOL of postmenopausal women (PMW). A quasi-experimental study was conducted with age and sociodemographic status matched 72 PMW (divided as experimental n=37 and control n=35 groups) randomly selected from Galle, Sri Lanka. Health promoting education intervention focused on postmenopausal health management including life-style modifications (diet, physical activities, psychological adjustments...etc) was performed during 8 weeks and printed health education package including life-style modifications was provided at the end only for the experimental group. Short form 36 survey was self-administered to assess the HRQOL of the participants in two groups before the intervention, just after the intervention and after 6 months follow-up. The differences within and between the experimental and control groups were analyzed with independent sample t test and repeated measure ANOVA test using SPSS 20.0. Mean(SD) age of experimental and control groups were 54.6(4.5) and 56.5(3.4) ($p=0.06$) years respectively. Before the intervention, HRQOL scores were not significantly different between experimental and control groups ($p>0.05$). However, after 6 months follow-up, all the domains of HRQOL (except the social functioning and pain domains) and overall HRQOL scores were significantly increased ($p<0.001$) in the experimental group. In the control group, significant reductions of HRQOL were observed in all the domains (except the energy or fatigue and pain domains) and overall HRQOL ($p<0.05$) in the follow-up evaluation. This study proved that the health promoting education intervention focused on life-style management after menopause was an effective in improving HRQOL in postmenopausal women. The usefulness of such interventions needs to be confirmed in a larger study.

Keywords: health promoting life-style modification education intervention, health related quality of life, postmenopausal women, Sri Lanka