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Effect of health promoting lifestyle modifications on improving quality of life among menopausal women

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Menopause-related symptoms such as weight gain, night sweats, hot flashes, and decreased sexual functioning all have negative effects on “quality of life”, and impacts daily activities such as work, leisure activities, and sleep. The study aimed to determine the effect of lifestyle modification on promoting quality of life and improving health promotion behaviors among postmenopausal women. The quasi-experimental study with “pre-posttest” design was utilized at primary and secondary schools in Menoufiya Governorate- Shebin Al-Kom- Arab Republic of Egypt. A total of 200 postmenopausal women between 45 to 60 years of teachers and employee were recruited in the study. Four tools were developed and used for data collection; 1) A structured Interviewing Questionnaire, 2) Menopause Rating Scale; 3) Utain Quality of Life Scale 4) Health Promoting Lifestyle Profile. Results showed that there were significant differences between the control and intervention groups regarding promoting quality of life and improving health promotion behaviors before and after the nursing intervention. The study concluded that the healthy lifestyle modifications improved scores of quality of life among postmenopausal women in immediately and three months after the intervention. The study recommended that therefore these modifications can be used by all postmenopausal women to improve their health and quality of life.

Keywords: Health promotion, lifestyle modification, Quality of life, Menopausal Women

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