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Assessment of the quality of life in women with a diagnosis of urogenital prolapse

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Introduction and hypothesis: The aim of this descriptive study was to assess the severity of symptoms and their impact on quality of life in women with a diagnosis of urogenital prolapse.

Methods: The study included a total of 179 women with a diagnosis of urogenital prolapse who applied to the gynecology outpatient clinic of Etilik Zübeyde Hanım Women's Health Teaching and Research Hospital, Ankara, Turkey, between July-October 2010. The "Descriptive Information Questionnaire" developed by the authors and an adapted version of "The Prolapsus-Related Quality of Life (P-QOL) Questionnaire" were used to collect data. The SPSS 15.0 software package was used for statistical analysis.

Results: In this study, 68.1% of women recruited from the gynecology outpatient clinic were aged 52 and over, and 46.9% had graduated from primary school. 44.1% of women's parity was 3-4, 97% of women had a history of giving birth vaginally. 72.6% of women were in the postmenopausal period and 29.1% of women had a history of urogenital prolapse in their family. 77.7% of women had not previously applied to a hospital, even though they had experienced symptoms related to urogenital prolapse, 43.6% of women had applied to a hospital concerning urinary incontinence. It was found that 52% of women were diagnosed with cystocele, 57% had a third degree or higher urogenital prolapse. Urogenital prolapse affects women's general health perceptions, physical-social activities, personal relationships, quality of sleep.

The relationship between socio-demographic factors, partner support, PND, and physical activity

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Background: Postnatal depression (PND) is defined as a psychological mood disorder that occurs in a mother within six weeks of her giving birth. It refers to an episode that causes mood disturbance and it could begin in, or extend into, the postpartum period. It is thought to have a high impact upon the mother's health as well as the family's functioning and the child's development. Psychosocial factors, socioeconomic factors, leisure and physical activity may all contribute to postpartum mood and ability to cope with responsibilities. The aim of this study was to investigate the factors associated with physical activity participation and PND in postpartum women.

Methods: The study used a cross-sectional correlational design. A sample of 150 postpartum women was sent a package of six standardised questionnaires.

Results: Psycho-social factors, parental confidence, partner support, and social support predicted PND and the mothers' physical activity. There was no association between physical activity participation and PND. The factors that predicted PND were the mother's age, the baby's age, having someone to rely on for childcare, level of partner support, level of parental confidence, and being willing to ask for help; the predictors of the mother's physical activity participation were baby's age, mother's education level, family income, the number of children, parental confidence, partner support, lack of time, lack of information, lack of confidence, lack of knowledge and poor access to public transport.

Conclusion: Several factors were associated with PND and participation in physical activity, but there was no association between PND and physical activity.