

## MENOPAUSAL SYMPTOMS CORRELATED FACTORS IN 45-60 YEARS OLD WOMEN, TEHRAN, 2011

S. Taavoni<sup>1</sup>, F. Darsareh<sup>2</sup>

<sup>1</sup>Research Institute for Islamic & Complementary Medicine (RICM, TUMS) Midwifery Continuing Education Office+, <sup>2</sup>Nursing and Midwifery Education, Tehran University of Medical Sciences, Tehran, Iran

Women through menopause experience symptoms such as psychological, which may impair the overall quality of life and could prevent by complementary therapy.

**Aim:** To determine effect of massage and aromatherapy massage on Postmenopausal psychological symptoms.

**Material and methods:** In this Randomized Clinical Trial, 90 healthy volunteer menopause women, whom attended main referral gynecology hospital of Tehran University of Medical Sciences were involved in two Intervention and control groups (Year 2011) Aromatherapy massage received 30-min aromatherapy massage sessions with aroma oil, twice a week for four weeks, massage group, received same treatment with plane oil, and control group received no intervention. Tools have two main parts;

- 1) Personal characteristics,
- 2) Psychological symptoms scale, as obtained through psychological sub scale of Menopause Rating Scale, which was measured before intervention and at the end of interventions.

**Results:** There were significant difference between participants' pre-application and post-application psychological score in two intervention's groups ( $p < 0.001$ ), whereas the score in the control group did not differ significantly. Also there were higher significant effect in aromatherapy massage ( $p < 0.001$ ).

**Conclusion:** Results demonstrated that both aromatherapy massage and massage therapy were effective in reducing psychological symptoms during menopause, but the effect of aromatherapy massage was higher than massage therapy.

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