



PREVALENCE OF INSOMNIA IN COLOMBIAN WOMEN IN POSTMENOPAUSE WHO EXPRESSED TO HAVE DEPRESSIVE MOOD



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This research is part of the CAVIMEC (Calidad de vida en la Menopausia y Etnias Colombianas) Research Project.

Objective: To estimate the prevalence of insomnia according to the presence of depressive mood in postmenopausal.

METHODS

Comparative study carried out in Colombian women belong to three ethnic groups (mestizo, indigenous and afro-descendant) aged 40-59 years, who had more than one year without menstruation. Women were divided according to the answer of the question 4 of Menopause Rating Scale (MRS), which assesses the presence and severity of depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings). Insomnia was assessed with the Athens Insomnia Scale (AIS). The scales and a general questionnaire were applied to women during door-to-door visits. Data analysis was performed using the EPI-INFO 7 program
DEPRESSIVE MOOD: 1121(65.7%).

Women with depressive mood had the highest score in all items and total score of the AIS. $p < 0.05$

GENERAL DEMOGRAPHIC DATA OF STUDIED WOMEN (N:1699)

Age, Me [CI]	52.3 [49.5-56.0]
Parity, Me [CI]	3.1 [2.0-4.5]
Educational , Me [CI]	9.1 [6.5-11.5]
BMI, Me [CI]	26.5 [23.4-29.1]
Marital status: Married, n(%)	547 (32.2)
Afro-descendant, n(%)	244 (14.3)
Mestizo, n(%)	1247 (73.4)
Indigenous, n(%)	208 (12,2)
Age of last menstruation, Me [CI]	46.7 [45.5-49.0]
Coffee consumption, n(%)	1257 (73.9)
Diabetes, n(%)	182 (10.7)
Current smoker, n(%)	159 (9.3)
Hypertension, n(%)	340 (20.0)
Sexual partner, n(%)	1280 (75.3)

CONCLUSION

In a group of Colombian women in Postmenopausal, which expressed to have depressive mood, a high subjective prevalence of insomnia was found.

DEPRESSIVE MOOD	INSOMNIA		OR
	YES	P	
YES	74.4 [70.6-77.8]	<0.0001	1.8[1.4-2.2]
NO	25.6 [22-1-29.3]		

