



# SEVERE DETERIORATION OF THE QUALITY OF LIFE, PERCEIVED STRESS AND SLEEP DISORDERS ACCORDING TO CLINICAL HISTORY OF ABDOMINAL HYSTERECTOMY



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

**Objective:** To compare the prevalence of severe deterioration of the quality of life, sleep disorders and presence of perceived stress according to clinical history of abdominal hysterectomy

**Methods:** Cross-sectional study that is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) research project, which was carried out in women with mestizo ethnic group with ages between 40 and 59 years, who were residents in the Colombian Caribbean. They were polled in their own communities with the scales: Perceived Stress Scale (PSS-10), Menopause Rating Scale and the Jenkins Sleep Scale.

471 women participated, 237 were hysterectomized and 234 non-hysterectomized women who were polled in 2015. Those women with hysterectomy had significantly major age: 50[7.0] vs 45[7.5]. There were not observed differences in BMI, waist-hip ratio, diabetes, arterial hypertension, to smoke and hormonal therapy. The average score of the perceived stress scale were similar in both groups, hysterectomized 19.5±3.3 and non-hysterectomized women 17.6 ± 4.7 (p>0.05). The average Jenkins Sleep Scale were hysterectomized 5.2 ± 3.9 and non hysterectomized women 4.5 ± 3.9 (p=0.97). A hysterectomy women reported presence mayor of "awakenings during the night" and "morning wake up tired despite having slept as usual". Neither, differences in the prevalence of severe menopausal symptoms nor severe deterioration of the somatic, psychologic and of the quality of life were observed (p>0.05). 46% of the hysterectomized were urogenital severe deterioration compared with 36% of non hysterectomized (p=0.009).

	Histerectomized	Non histerectomized	p
Severe Deterioration Somatic (%)	12.6	8.5	0.09
Severe Deterioration Psychological (%)	36.7	31.6	0.14
Severe Deterioration Urogenital (%)	45.9	35.0	<0.05
Severe Deterioration Quality of Life (%)	38.3	32.4	0.10
Stress Scale (PSS-10) (X±SD)	19.5±3.3	17.6±4.7	0.93
Jenkins Sleep Scale (±)	5.2±3.9	4.5±3.9	0.97

**CONCLUSIONS:**  
Differences were not observed in the severe deterioration of the quality of life, stress and sleep disorders according to clinical history of hysterectomy.

