

ASSOCIATION BETWEEN DEPRESSION AND HEALTH-RELATED QUALITY OF LIFE IN POST-MENOPAUSAL WOMEN

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The purpose of present study is to estimate the association between depression and health-related quality of life (HRQoL) in post-menopausal women. Participants (n=3,860) were selected from Korea National Health and Nutrition Examination Survey [KNHANES] 2013-2015. Socio-demographic characteristics, medical history of depression, and EQ-5D were gathered from the KNHANES dataset. The results showed that demographic variables, including age, education level, and income were important factors associated with HRQoL. In this study, depression was an important factor affecting HRQoL in post-menopausal women. The adjusted odds ratio for HRQoL in participants with depression was 5.52 [(95% confidence interval (CI)=4.04-7.55, p<0.001)] in anxiety/depression, 3.86 (95% CI=2.78-5.36, p<0.001) in usual activities, and 2.52 (95% CI=1.68-3.78, p<0.001) in selfcare. These findings suggest that there is a strong relationship between depression and HRQoL and preventing the onset or deterioration of depression may significantly improve the quality of life for post-menopausal women.

BIOGRAPHY

Hyejin Park has completed her PhD from Kyungpook National University, Korea. She has conducted researches at Daegu Catholic University and her research interests span both public health and epidemiology. Much of her work has been on improving the understanding of diseases relating to women and elderly, mainly through the application of epidemiological approaches.

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