# Chapter 57 Stress and Coping in the Menopause

E.E.A. Simpson

Ulster University, Coleraine, UK

# References

1.[WHO. Research on the menopause in the 1990. Report of a WHO Scientific Group.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink1rf0010) *[World Health Organ Tech Rep Ser](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink1rf0010)*[. 1990;866:1–107.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink1rf0010)

2.[Bauld R, Brown RF. Stress, psychological distress, psychosocial factors, menopause symptoms and physical health.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink2rf0015) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink2rf0015)*[. 2009;62:160–165.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink2rf0015)

3.[Greendale G, Lee NP, Arriola ER. The menopause.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink3rf0020) *[Lancet](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink3rf0020)*[. 1999;353:571–580.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink3rf0020)

4.[Dravta J, Real F, Schindler C, et al. Is age at menopause increasing across Europe? Results on the age at menopause and determinants from two population based studies.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink4rf0025) *[Menopause](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink4rf0025)*[. 2009;20:1–11.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink4rf0025)

5.[Prior J, Hitchcock C. The endocrinology of perimenopause: need for paradigm shift.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink5rf0030) *[Front Biosci](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink5rf0030)*[. 2011;3:474–486.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink5rf0030)

6.[Jaspers L, Daanb NMP, van Dijk GM, et al. Health in middle-aged and elderly women: a conceptual framework for healthy menopause.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink6rf0035) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink6rf0035)*[. 2015;81:93–98.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink6rf0035)

7.[Folkman S, Lazarus RS.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink7rf0040) *[Stress, Appraisal and Coping.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink7rf0040)* [New York: Springer; 1984.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink7rf0040)

8.[Wong PTP, Weiner B. When people ask “Why” questions and the heuristics of attributional search.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink8rf0045) *[J Pers Soc Psychol](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink8rf0045)*[. 1981;40:650–653.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink8rf0045)

9.[Cacioppo JT, Malarkey WB, Kiecolt-Glaser JK, et al. Heterogeneity in neuroendocrineand immune responses to brief psychological stressors as a function of autonomic cardiac activation. *Psychosom Med*. 1995;57:154–164.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink9rf0050)

10.[Young E, Korszun A. Sex, trauma, stress hormones and depression.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink10rf0055) *[Mol Psychiatry](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink10rf0055)*[. 2010;15:23–28.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink10rf0055)

11.[Woods NF, Mitchell ES, Smith-DiJulio K. Cortisol levels during the menopausal transition and early postmenopause: observations from the Seattle Midlife Women's Health Study.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink11rf0060) *[Menopause](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink11rf0060)*[. 2009;16:708–718.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink11rf0060)

12.[Nedstrand E, Wijma K, Lindgren M, Hammar M. The relationship between stress-coping and vasomotor symptoms in postmenopausal women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink12rf0065) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink12rf0065)*[. 1998;31:29–34.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink12rf0065)

13.[Komesaroff PA, Esler MD, Sudhir K. Estrogen supplementation attenuates glucocorticoid and catecholamine responses to mental stress in perimenopausal women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink13rf0070) *[J Clin Endocrinol Metab](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink13rf0070)*[. 1999;84:606–610.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink13rf0070)

14.[Kudielka BM, Schmidt-Reinwald AK, Hellhammer DH, Kirschbaum C. Psychological and endocrine responses to psychosocial stress and dexamethasone/corticotropin-releasing hormone in healthy postmenopausal women and young controls: the impact of age and a two-week estradiol treatment. *Neuroendocrine*. 1999;70:422–430.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink14rf0075)

15.[Burleson MH, Malarkey WB, Cacioppo JT, et al. Postmenopausal hormone replacement: effects on autonomic, neuroendocrine, and immune reactivity to brief psychological stressors.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink15rf0080) *[Psychosom Med](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink15rf0080)*[. 1998;60:17–25.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink15rf0080)

16.[Hoyt LT, Falconi AM. Puberty and perimenopause: reproductive transitions and their implications for women's health.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink16rf0085) *[Soc Sci Med](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink16rf0085)*[. 2015;132:103–112.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink16rf0085)

17.Woods NF, Mitchell ES, Percival DB, Smith-DiJulio K. Is the menopausal transition stressful? Observations of perceived stress from the Seattle Midlife Women's Health Study. *Menopause*. 2009;16.[http://dx.doi.org/10.1097/gme. 0b013e31817ed261](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#tsLink17).

18.[Harlow SD, Gass M, Hall JE, et al. Executive summary of the Stages of Reproductive Aging Workshop+10: addressing the unfinished agenda of staging reproductive aging.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink18rf0095) *[J Clin Endocrinol Metab](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink18rf0095)*[. 2012;97:1159–1168.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink18rf0095)

19.[Potdar N, Shinde M. Psychological problems and coping strategies adopted by post menopausal women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink19rf0100) *[Int J Sci Res](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink19rf0100)*[. 2014;3:293–300.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink19rf0100)

20.[Freeman E, Sammel M, Lin H, et al. Symptoms associated with menopausal transition and reproductive hormones in midlife women. *Obstet Gynaecol*. 2007;110(2 part 1):230–240.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink20rf0105)

21.[Igarashi M, Saito H, Morioka Y, et al. Stress vulnerability and climacteric symptoms: life events, coping behavior and severity of symptoms. *Gynecol Obstet Invest*. 2000;49:170–178.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink21rf0110)

22.[Reed SD, Ludman EJ, Newton KM, et al. Depressive symptoms and menopausal burden in the midlife.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink22rf0115) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink22rf0115)*[. 2009;62:306–310.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink22rf0115)

23.[Llaneza P, Garcia-Portilla MP, Llaneza-Suarez D, Armott B, Peres-Lopez FR. Depressive disorders and the menopause transition. *Maturitas*. 2012;71:120–130.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink23rf0120)

24.[Schmidt PJ, Nieman LK, Danaceau MA, Adams LF, Rubinow DR. Differential behavioral effects of gonadal steroids in women with and in those without premenstrual syndrome. *N Engl J Med*. 1998;338(4):209–216.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink24rf0125)

25.[Nosek M, Kennedy HP, Beyene Y, Taylor D, Gilliss C, Lee K. The effects of perceived stress and attitudes toward menopause and ageing on symptoms of menopause.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink25rf0130) *[J Midwifery Womens Health](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink25rf0130)*[. 2010;55:328–334.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink25rf0130)

26.[Hunter M, Mann E. A cognitive model of menopausal hot flushes and night sweats.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink26rf0135) *[J Psychosom Res](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink26rf0135)*[. 2010;69:491–501.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink26rf0135)

27.[Hanisch L, Hantsoo L, Freeman E, Sullivan G, Coyne J. Hot flashes and panic attacks: a comparison of symptomatology, neurobiology, treatment and a role for cognition. *Psychol Bull*. 2008;
134:247–269.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink27rf0140)

28.[Hunter MS. Somatic experiences of the menopause: a prospective study.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink28rf0145) *[Psychosom Med](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink28rf0145)*[. 1990;52:357–367.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink28rf0145)

29.[Simpson EEA, Thompson W. Stressful life events, psychological appraisal and coping style in postmenopausal women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink29rf0150) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink29rf0150)*[. 2009;63:357–364.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink29rf0150)

30.[Simpson EEA. Predictors of intentions to use hormone replacement therapy in clinical postmenopausal women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink30rf0155) *[Climacteric](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink30rf0155)*[. 2012;15: 173–180.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink30rf0155)

31.[Dennerstein L, Dudley E, Guthrie J. Empty nest or resolving door? A prospective study of women's quality of life in midlife during phase of children leaving and re-entering the home.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink31rf0160) *[Psychol Med](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink31rf0160)*[. 2002;32:545–550.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink31rf0160)

32.[Binfa L, Castelo-Branco C, Blumel JE, et al. Relationships between psychological complaints and vasomotor symptoms during climacteric. *Maturitas*. 2004;49:205–210.](file:///D%3A%5Cwomat-filecopy%5CEd-Reference%5C0002589195.html#rfLink32rf0165)

33.[ABS. Home and away: the living arrangements of young people.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink33rf0170) *[Aust Social Trends](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink33rf0170)*[. 2009;4102:25–30.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink33rf0170)

34.[Hamman RAM, Abbasa RA, Hunterb MS. Menopause and work—the experience of middle-aged female teaching staff in a Egyptian governmental facility of medicine.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink34rf0175) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink34rf0175)*[. 2012;71:294–300.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink34rf0175)

35.[Hochshild AR.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink35rf0180) *[The Second Shift: Working Parents and the Revolution at Home.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink35rf0180)* [New York: Viking; 1989.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink35rf0180)

36.[McKinlay JB, McKinlay SM, Brambilla DA. The relative contributions of endocrine changes and social circumstances to depression in mid-aged women.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink36rf0185) *[J Health Soc Behav](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink36rf0185)*[. 1987;28:345–363.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink36rf0185)

37.[Walters V. Stress, anxiety, and depression; women's accounts of their health problems.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink37rf0190) *[Soc Sci Med](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink37rf0190)*[. 1993;36:393–402.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink37rf0190)

38.[Pimenta F, Leal I, Maroco J, Ramos C. Menopausal symptoms: do life events predict severity of symptoms in peri and post menopause?](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink38rf0195) *[Maturitas](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink38rf0195)*[. 2012;72:324–331.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink38rf0195)

39.[Cooper C, Katona C, Livingston G. Validity and reliability of the Brief COPE in carers of people with dementia.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink39rf0200) *[J Nerv Mental Dis](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink39rf0200)*[. 2008;196:838–843.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink39rf0200)

40.[Kafanelis BV, Kostanski M, Komesaroff PA, Stojanovska L. Being in the script of menopause: mapping the complexities of coping strategies.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink40rf0205) *[Qual Health Res](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink40rf0205)*[. 2009;19:30–41.](file:///D%3A%5C%5Cwomat-filecopy%5C%5CEd-Reference%5C%5C0002589195.html%22%20%5Cl%20%22rfLink40rf0205)