PREVALENCE OF INSOMNIA IN COLOMBIAN WOMEN IN POSTMENOPAUSAL WHO EXPRESSED TO HAVE DEPRESSIVE MOOD
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Introduction: The scale of quality of life, Menopause Rating Scale (MRS), allows identifying women who present or experience depressive mood. Objective: To estimate the prevalence of insomnia according to the presence of depressive mood in postmenopausal. Methods: Comparative study is part of CAVIMEC (Calidad de Vida en Menopausia y Etnias Colombianas) project, carried out in Colombian belong 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 to the question 4 of 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 Athens Insomnia Scale (AIS). The scales and general questionnaires were applied to women during door-to-door visits. Data analysis was performed using the EPI-INFO7. Results: 1699 women were included. Age: 52.3±4.4 years, BMI: 26.5±4.5, offspring: 3.1±1.9, education: 9.1±4.4, years in postmenopause: 5.6±3.8, age of last menstruation: 46.7±3.3. Mestizo:73.4%, indigenous: 12.2%, afro-descendant: 14.3%. Habitual coffee consumption: 73.9%, Diabetic: 10.7%, current smoker: 9.3%, arterial hypertension: 20%, women with sexual partner:75.3%. Use of hormonal therapy: 15.7%. 1121 (65.70%) answered favorably to present depressive mood, being mild in 54.5%, moderate in 33.7%, severe and very severe: 11.8%. 582(34.2%) women expressed insomnia. The prevalence of insomnia in women with depressive mood: 74.4% [70.6-77.8] and in women without depressive mood: 25.6% [22.1-29.3]. p<0.0001. OR: 1.8 [1.4-2.2]. Women with depressive mood had the highest score in all items and total score of the AIS. p<0.05

Conclusions: In a group of Colombian in postmenopausal, which expressed had depressive mood, a high subjective prevalence of insomnia was found.