

The interplay between menopausal symptomatology and perceived attractiveness to understanding psychological well-being and physical activity behaviour in menopausal women

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The interplay between menopausal symptomatology and perceived attractiveness to understanding psychological well-being and physical activity behaviour in menopausal women.

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Keywords: menopause; perceived attractiveness; well-being; physical activity

Objectives: To examine the interplay between menopausal symptomatology and perceived attractiveness to understanding psychological well-being and physical activity behaviour in women undergoing the menopausal transition.

Methods: Perimenopausal women (n=309) completed a questionnaire assessing a range of demographic details, personal level predictors, HRT status, menopausal status and physical symptomatology, perceived attractiveness, habitual physical activity behaviour, life satisfaction and subjective vitality.

Results: There were significant main effects for perceived attractiveness on subjective vitality [$\beta=0.422$; $p<0.0005$] and physical activity behaviour [$\beta=0.366$; $p<0.0005$]; and for menopausal symptomatology on subjective vitality [$\beta=-0.192$; $p<0.0005$].

There was a significant interaction effect between perceived attractiveness and menopausal symptoms on life satisfaction [$\beta=0.115$; $p=0.023$]. High menopausal symptomatology was associated with low levels of life satisfaction at low, but not at high, levels of perceived attractiveness. There was no significant interaction between menopausal symptoms and perceived attractiveness on subjective vitality and physical activity behaviour.

Conclusions: Higher levels of perceived attractiveness were related to increased levels of physical activity behaviour. Further, for those women with perceptions of low attractiveness, experiencing more menopausal symptoms was associated with lower levels of psychological wellbeing. The findings highlight the important role of body image to psychological experiences associated with this life transition.