

COPING PATTERNS AMONG PRE-MENOPAUSAL WOMEN

Thesis

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Under Supervision

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ABSTRACT

The aim of this study is evaluate the coping patterns among pre-menopausal women. Study was conducted at outpatient clinic in Ain-Shams Maternity University Hospital during 2010; study design was descriptive study. **Tools** of data collection include Arabic structured interviewing questionnaire, and a knowledge assessment sheet related to women's knowledge of pre-menopausal symptoms. **Sample type** was a simple random sample. **Hypothesis** there are a lot of not coping patterns among pre-menopausal women. This study involved 150 women. **The main results** of the study showed that the majority of women in the study sample had incorrect knowledge about pre-menopause. It also revealed that the majority of women with pre-menopausal symptoms had physical manifestations and (44.7%) only of studied women used different methods for coping with pre-menopausal symptoms. **Conclusions** show that the majority of the sample has incorrect knowledge about pre-menopause. **Recommendations** are enhancement of women's coping patterns through program regarding pre-menopause coping patterns utilizing booklets or brochures.

Key words: pre-menopause - Coping