

Assessment of quality of life using the menopause rating scale in women aged 40 to 59 years Evaluación de la calidad de vida en mujeres de 40 a 59 años mediante la escala MRS (menopause rating scale)

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Background: Climacteric symptoms have a direct relationship with biological and sociocultural factors and significantly impair the quality of life of women. **Aim:** To assess quality of life and factors affecting it in women aged 40 to 59 years. **Material and methods:** The Menopause Rating Scale (MRS) was applied to 370 healthy women aged 49 ± 6 years, that accompanied patients to public hospitals in Santiago. **Results:** Forty four percent of women were postmenopausal and 6% used hormone replacement therapy. Half of the group had less than 12 years of formal education and 67% had a couple. The mean number of children was 2.8 ± 1.5 . Total MRS score was 16.2 ± 8.5 . The higher score was given by the psychological domain (7.7 ± 4.4), followed by the somatic domain (5.8 ± 3.5). The urogenital domain had the lowest score (2.7 ± 2.9). Eighty percent of women had moderate to severe climacteric symptoms. A logistic regression analysis showed that the postmenopausal condition was the factor that caused