

Effects of estrogen supplementation on psychological variables in climacteric women Estrógenos en climaterio femenino: Efecto sobre variables psicológicas

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Background: The beneficial effects of estrogen supplementation in climacteric women are clear. However, their psychological effects are not well documented. **Aim:** To study the effects of estrogen supplementation on psychological variables in climacteric women. **Subjects and methods:** Forty postmenopausal women were divided in two groups to receive a daily dose of 2 mg oestradiol valerate and 2.5 mg medroxyprogesterone acetate or an identical placebo during six months. Initially and at the end of the treatment period, they were subjected to a psychiatric interview and the Graffar, Hamilton and Eysenk personality tests were applied. Also, an Analysis of Verbal Behavior was used, that results in hope and hopeless scores. **Results:** There were no differences in the initial assessment between the two treatment groups. In women receiving hormonal supplementation, the Hamilton score decreased from 11.2 to 4.9 ($p < 0.002$) and in women receiving placebo from 8.1 to 5.3 (NS). No other significant change