



## CLSA Approved Project

### **Applicant**

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### **Project Title**

Menopause and Mental Wellbeing

### **Project Summary**

Menopause is a time in a woman's life when biological and social changes can greatly impact health. While much is known about the physiological health consequences of the menopause, much less is known about how the menopause impacts mental wellbeing. We will use data from the CLSA to better understand how the menopause is associated with satisfaction with life and depression and depressive symptoms. We will also explore if menopause is associated with how women say they feel about their mental health. Finally, we will investigate if the use of hormone replacement therapy in middle aged and older women is associated with improved mental health after menopause and if so, whether this improvement differs by the type and timing of this therapy.

### **Keywords**

Women's health; Menopause; HRT use; Mental health; Depression