Applicant
Dr. Parminder Raina, McMaster University
Trainee: Dr. Anne Gilsing

E-mail Address
gilsing@mcmaster.ca

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