

The effect of supportive group therapy on menopause mental health

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Abstract

Background & Objective: Menopause effect on women quality of life and mental health. This study performed to determine the effect of supportive group therapy on menopause mental health condition in Sharekord.

Materials & Methods: This study is a quasi experimental research. 46 menopause women who had research condition divided in case and control group. We used GHQ28 and demographic questionnaire in 3 stages for data gathering. group therapy session perform for case group. Data was analysed with SPSS soft ware and analytic and descriptive statistic index such as Paired T and correlation exam.

Results: After group therapy in all dimation performed, significant progress in case group ($p < 0.05$). In addition there was significant difference between case and control group in mental health score after group therapy ($p < 0.05$). There is no any correlation between demographic variable with mental health condition.

Conclusion: This study showed effectiveness of group therapy in mental health condition of menopause women. We recommend to use this method routinely for menopause women.

Key Words: Mental health, Group therapy, Menopause