

# Talking therapy may help menopause mood

## Description

Recent research from University College London (UCL) hints that menopause symptoms such as low mood and anxiety could be effectively tackled with mindfulness, group therapy or cognitive behavioural therapy (CBT). The analysis included 30 studies and involved around 3500 women from 14 different countries.

The menopause, a natural stage of life for women, usually happens between 45 and 55 years of age. During this period, the level of female hormones, oestrogen or progestogen or both, in the body decrease leading to symptoms like hot flushes, night sweats, and mood changes. Currently, for a lot of women, hormone replacement therapy, or HRT, is used to manage these symptoms. HRT replaces the missing hormones in the form of tablets, creams, or other means.

Draft guidelines from NHS suggest offering CBT alongside or even instead of HRT. It is believed that this could give a broader range of choices to doctors and patients. CBT, group counseling, marital support and health promotion coaching are some of the psychosocial therapies that can help manage menopause. These therapies could help women to cope with menopause through behavioural patterns, coping strategies and relaxation techniques.

CBT stands out as the most cost-effective and quick-option among these therapies. The UCL research highlighted that women who underwent CBT or mindfulness therapies showed significant improvements in anxiety and depression. Improvements were also noted in sleep and memory.

The research also hinted at the cycle between physical and psychological symptoms. For example, hot flushes were seen to cause anxiety, which in turn led to even more hot flushes. Other issues, such as lack of sleep due to menopause, could lead to depression. CBT can break these cycles by helping women think differently and practice new ways of handling situations.

The studies also found that talking therapies helped women feel more confident, and have a better quality of life despite menopause symptoms. Ultimately, this research tells us that menopause is not just a physical condition that needs to be treated with medication. With a bit of support and a change in perspective, women can turn this stage of life into a more positive experience.

## Vocabulary List:

1. **Menopause** // (noun): The natural stage in a woman's life when menstruation stops, typically occurring between 45 and 55 years of age.
2. **Mindfulness** // (noun): The quality or state of being conscious or aware of something.
3. **Anxiety** // (noun): A feeling of worry, nervousness, or unease about something with an uncertain outcome.
4. **Cognitive Behavioral Therapy (CBT)** // (noun): A type of psychotherapy that aims to help individuals manage their problems by changing how they think and act.

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5. **Hormone Replacement Therapy (HRT)** // (noun): A treatment used to relieve symptoms of menopause by replacing hormones that are at lower levels.
6. **Psychosocial** // (adjective): Relating to the interrelation of social factors and individual thought and behavior.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which virus can cause respiratory infections such as the common cold?

- Option: Adenovirus
- Option: Climate change
- Option: Pollution
- Option: Diarrhoea

2. Which condition is characterized by feelings of worry nervousness or unease?

- Option: Anxiety
- Option: Cognitive Behavioral Therapy (CBT)
- Option: Hormone Replacement Therapy (HRT)
- Option: Psychosocial

3. Which demographic group is often defined as individuals aged 65 and older?

- Option: Elderly
- Option: Menopause
- Option: Mindfulness
- Option: Antibiotics

4. Which term means taking action in advance to deal with an expected difficulty?

- Option: Proactively
- Option: Immunity
- Option: Fade
- Option: Combat

5. Which word means to settle or find a solution to a problem or dispute?

- Option: Resolve
- Option: Admitted
- Option: Influence
- Option: Malnutrition

6. Which word means to gradually disappear or lose brightness?

- Option: Fade
- Option: Combat

Option: Epidemiologist

Option: Sluggishness

7. What treatment involves supplementing the body with hormones that are no longer produced in sufficient amounts?

Option: Hormone Replacement Therapy (HRT)

Option: Psychosocial

Option: Recommend

Option: Booster

8. Who conducts systematic investigation and analysis to establish facts or reach new conclusions?

Option: Researchers

Option: Psychosocial

Option: Alarming

Option: Anticipated

9. Which term refers to the presence of harmful substances in the environment?

Option: Pollution

Option: Transitioned

Option: Underweight

Option: Remedies

10. What are medications used to treat bacterial infections by inhibiting the growth of bacteria?

Option: Antibiotics

Option: Diarrhoea

Option: Anxiety

Option: Cognitive Behavioral Therapy (CBT)

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Vaccination helps boost \_\_\_\_\_ against certain diseases.

12. After some questioning the suspect \_\_\_\_\_ to committing the crime.

13. To \_\_\_\_\_ the spread of misinformation educational campaigns are essential.

14. Parents can have a significant \_\_\_\_\_ on their children's behavior.

15. The increase in deforestation rates is quite \_\_\_\_\_.

16. There are various natural \_\_\_\_\_ for common cold symptoms.



17. During \_\_\_\_\_ a woman experiences a decline in estrogen levels.

18. Individuals with a Body Mass Index (BMI) below 18.5 are considered \_\_\_\_\_.

19. The new product launch is highly \_\_\_\_\_ by industry experts.

20. After retirement he \_\_\_\_\_ into a consultant role for the company.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Support groups provide both psychological and social assistance to individuals in need.

22. Dehydration is a common complication of this gastrointestinal condition characterized by frequent watery stools.

23. Based on your symptoms I would that you see a specialist for further evaluation.

24. A dose of the vaccine may be necessary to enhance immunity against the virus.

25. Efforts to actively fight against a particular disease or health issue are crucial to public health.

26. Taking steps ahead of time to address potential problems is a wise way to avoid complications.

27. The media has a powerful on shaping public opinion and beliefs.

28. Over time memories may and become less vivid.

29. The negotiation aimed to the longstanding dispute between the two parties.

30. These individuals conduct in-depth studies and experiments to discover new findings in their respective fields.

**Answer**

**Multiple Choice:** 1. Adenovirus 2. Anxiety 3. Elderly 4. Proactively 5. Resolve 6. Fade 7. Hormone Replacement Therapy (HRT) 8. Researchers 9. Pollution 10. Antibiotics

**Gap-Fill:** 11. Immunity 12. Admitted 13. Combat 14. Influence 15. Alarming 16. Remedies 17. Menopause 18. Underweight 19. Anticipated 20. Transitioned

**Matching sentence:** 1. Psychosocial 2. Diarrhoea 3. Recommend 4. Booster 5. Combat 6. Proactively 7. Influence 8. Fade 9. Resolve 10. Researchers



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## CATEGORY

1. Health - LEVEL3

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