The effect of supportive group therapy on menopause mental health

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 software and analytic and descriptive statistic index such as Paired T and correlation exam.

**Results:** After group therapy in all dimension 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

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