

## *Menopause Experiences: Opportunities for Improvement in Education and Healthcare*

### Annotated Questionnaire

- Reading Notes:
  - Weighted data shown
  - U.S. Population, Female, age 40 – 89
  - Percentages may not add up to 100% due to rounding

<b>SCREENER</b>
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QD1. Please select your gender.

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Male	-	-	-	-	-	-
Female	100	100	100	100	100	100
Transgender	-	-	-	-	-	-

QD2. What is your age?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Under 40	-	-	-	-	-	-
40-49	26	100	-	-	-	-
50-59	27	-	100	-	-	-
60-69	24	-	-	100	-	-
70-79	19	-	-	-	100	-
80-89	4	-	-	-	-	100
90 or older	-	-	-	-	-	-

QD3. Which of the following best describes your race?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
American Indian or Alaska Native	3	3	3	4	2	-

Asian	3	7	1	3	2	2
Black or African American	12	14	17	11	6	3
Native Hawaiian or other Pacific Islander	1	1	-	1	1	-
White	80	72	75	82	90	96
Other race	5	5	7	4	3	-

QD4. Are you of Spanish, Hispanic or Latino background?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1508	381	407	364	288	68
Yes	13	21	13	10	3	9
No	87	79	87	90	97	91

QD5. What is your current marital/ relationship status?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Married	58	61	63	57	51	45
Living with a partner	5	7	7	6	2	1
Widowed	10	2	4	9	24	35
Divorced or Separated	15	13	15	17	17	15
Never Married	12	18	11	11	6	4

QD6. What is the highest degree or level of school you have completed?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1506	382	407	364	287	66
0 through 12th grade (no diploma)	2	3	3	1	1	2
High school graduate (or equivalent)	22	18	24	21	22	29
Post-high school vocational or technical training	7	4	9	7	9	6
Some college (no degree)	29	27	29	29	31	24
College graduate (4-year degree)	26	34	27	23	20	12
Post-graduate study	4	5	3	4	2	5
Graduate or professional degree	11	8	6	15	15	23

QD7. What is your current employment status?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1512	382	408	365	289	68
Employed full-time	28	46	35	25	2	-
Employed part-time	14	17	18	13	9	7
Retired	31	1	7	40	80	87
Not employed for pay	4	4	6	4	-	3
Disabled	8	8	14	8	2	-
Homemaker	14	22	18	10	7	3
Other	1	2	3	1	-	-

QD8. What was your household's total income from all sources in 2017?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1506	380	407	364	288	68
Less than \$10,000	5	4	7	4	4	-
\$10,000 to under \$25,000	16	14	16	16	18	18
\$25,000 to under \$50,000	24	18	27	22	30	22
\$50,000 to under \$75,000	21	21	17	23	23	15
\$75,000 to under \$100,000	10	13	9	10	7	6
\$100,000 to under \$150,000	18	22	17	19	10	27
\$150,000 to under \$200,000	5	4	6	3	7	9
\$200,000 or more	2	4	-	3	1	3

QD10. Do you own or rent your current residence?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Own	75	69	69	76	84	89
Rent	23	29	28	22	15	9
Other	2	2	3	1	1	2

QD11. Which of the following best describes your current residence?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1507	381	406	364	288	68
Single-family detached home	72	72	70	71	74	67
Semi-detached home like a townhouse, row house, or duplex	7	7	7	8	6	6
A multi-unit building (apartment, condominium)	16	15	17	15	14	16
Mobile home/ Trailer	5	5	5	5	5	9
Other	1	1	-	-	1	2

QD12. Please tell us, in which of the following organizations are you currently a member or have you been a member of in the past? [AARP]

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Currently a member	35	9	26	49	57	54
Former Member	13	4	11	15	21	31
Never been a Member	53	88	63	36	22	15

QD13. In which state do you live? [By regions]

	Total	40-49	50-59	60-69	70-79	80-89
Base	1508	380	407	364	289	68
Northeast	18	15	18	20	19	22
Midwest	23	21	22	22	26	23
South	38	41	40	35	35	40
West	21	23	20	23	19	16

**SURVEY**

Q3A. Have you ever given birth to a baby?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Yes	79	78	77	77	84	93
No	21	22	23	23	16	7

Q3. Have you had a procedure (such as a hysterectomy or endometrial ablation) or do you currently take medication (such as some types of birth control) that has caused you to stop menstruating?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1508	381	407	364	288	68
Yes, I have had a procedure such as a hysterectomy	30	20	28	30	39	49
Yes, I take a medication that stops menstruation	2	7	2	-	1	-
No	68	74	71	70	60	51

Q4. How would you describe your current menstrual pattern?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total respondents selected 'No' in Q3	1032	281	288	254	174	35
It is regular, monthly, unchanged from my previous pattern	16	53	4	-	1	-
It is irregular, but that is normal for me	3	12	1	-	-	-
It is irregular and changing, and that is different from my previous pattern	8	24	5	1	1	-
It has stopped less than 12 months ago	3	2	10	-	1	-
It stopped 12 months to less than 5 years ago	12	5	34	3	1	-
It stopped 5 years to less than 10 years ago	15	2	26	29	2	-
It stopped 10 or more years ago	42	3	21	67	95	100

Q5. Do you consider yourself to be premenopausal, peri-menopausal, menopausal, or postmenopausal?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1511	381	408	365	289	68
Premenopausal - I have no symptoms of menopause and my menstruation patterns are as they have always been	15	50	7	1	1	-
Perimenopausal - I have some symptoms of menopause and have seen changes in my menstruation patterns	10	30	7	1	1	-
Menopausal - Menstruation stopped within the past year, and I have regular menopause symptoms	10	9	24	4	1	-
Postmenopausal - Menstruation stopped more than a year ago and I no longer experience any menopause symptoms	65	12	62	95	96	100

Q6. What is your primary source for information about menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1508	382	406	363	289	68
My doctor/healthcare provider	44	42	50	40	45	44
My mother/family/friends	10	20	11	6	4	4
Internet/media/publications	13	19	15	14	6	-
Other	1	1	1	1	1	-
I do not receive information about menopause	31	19	24	39	44	52

Q7. Do you currently experience any of the following menopause symptoms?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Hot flashes	31	36	50	24	13	3
Night sweats	26	29	42	23	12	3
Mood swings	19	34	27	11	5	-
Irritability	19	30	28	10	5	2
Vaginal dryness	25	18	38	29	13	12
Mental fog	13	20	19	10	2	-

Insomnia	23	27	33	22	10	5
Anxiety	19	29	29	14	4	2
Incontinence	14	12	21	12	10	13
No, I have not experienced any symptoms of menopause	19	28	9	17	17	44
No symptoms currently, I experienced symptoms in the past	26	9	15	32	52	34

Q8. How much do your menopause symptoms interfere with your life?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents not selected code 10 & 11 in Q7	835	238	308	185	88	16
Not at all	25	27	16	29	37	37
A little bit	41	41	42	37	43	38
Somewhat	25	24	30	27	14	19
A great deal	8	7	11	8	6	6
They are completely debilitating	1	2	1	-	-	-

Q9. Are you currently receiving treatment for your menopause symptoms?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1510	382	408	364	288	68
No, I do not feel that I need treatment	78	76	67	82	90	93
No, I feel that I need treatment, but have not pursued it	12	17	20	9	3	-
No, I feel that I need treatment and pursued it, but did not receive it	3	3	3	4	3	3
Yes, I am in treatment	6	5	10	5	5	4

Q10. How do you feel about 'entering'/'being in' menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected code 1, 2 OR 3 in Q5	521	335	157	19	9	-
Relieved	18	17	19	21	10	-
Happy	8	8	7	17	10	-
Sad	12	11	14	11	9	-
Depressed	14	13	16	22	-	-

Excited	5	6	3	-	10	-
Resigned	13	11	18	16	10	-
Surprised	3	2	5	5	-	-
Concerned	20	20	20	22	18	-
Anxious	17	18	17	11	-	-
Alone	4	3	7	6	-	-
Liberated	8	9	8	6	10	-
Indifferent	31	33	26	28	50	-
Other	1	-	2	1	1	3

Q11. 'As you approach menopause'/'Since entering menopause' which, if any, of the following sexual issues have you been concerned about?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Low libido	27	31	38	25	10	10
Painful intercourse	20	18	25	25	12	9
Difficulty achieving orgasm	12	17	15	9	5	7
Other	4	4	4	5	-	-
None of the above	63	59	49	62	80	82

Q12. Have you ever discussed menopause with one of your healthcare providers?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Yes	50	35	58	54	54	46
No	50	65	42	46	44	54

Q13. Which of the following healthcare providers have you consulted regarding menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	31
Primary care provider/General Practitioner	59	58	64	57	54	67
Gynecologist/Obstetrician	62	63	55	64	65	81
Psychologist/Psychiatrist	2	3	3	2	1	-
Other Specialist	1	4	-	1	2	-



Q14. Did your healthcare provider seem comfortable discussing menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	97	96	96	98	96	96
No	3	4	4	2	4	4

Q15. Did your healthcare provider seem knowledgeable about menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	97	96	95	98	97	100
No	3	4	5	2	3	-

Q16. Did your healthcare provider discuss hormone therapy?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	62	50	61	62	71	77
No	38	50	39	38	30	23

Q17. Did your healthcare provider recommend hormone therapy?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	36	24	38	31	43	57
No	64	76	62	69	56	43

Q18. Did your healthcare provider offer to refer you to a menopause practitioner?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	13	16	21	8	5	6
No	87	84	79	92	95	94

Q19. Did your healthcare provider offer to treat your symptoms?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	56	51	54	57	59	74
No	19	20	31	12	13	7
Not Applicable	25	29	15	31	29	19

Q20. Was your healthcare provider sympathetic to your symptoms?

	Total	40-49	50-59	60-69	70-79	80-89
Base: Total Respondents selected 'Yes' in Q12	750	132	236	196	156	30
Yes	79	77	83	80	78	77
No	7	8	9	5	5	3
Not Applicable	13	15	8	15	17	19

Q22. Are you currently using hormone therapy for menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Yes	6	5	9	4	5	-
No	94	95	91	96	95	100

Q23. How would you describe your opinion of hormone therapy?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1510	380	407	365	289	69
Very positive	6	5	6	5	9	6
Somewhat positive	9	8	10	8	9	13
Neutral	21	23	19	23	19	30
Somewhat negative	17	16	17	18	19	12
Very negative	10	5	11	14	13	6
I don't know enough about hormone therapy to have an opinion	36	42	37	32	31	33

Q25. Would you be willing to be interviewed for an article about menopause?

	Total	40-49	50-59	60-69	70-79	80-89
Base	1509	381	407	364	289	68
Yes	57	57	68	59	43	40
No	43	43	32	41	57	60