Self Compassion: A Resilience Factor during the Menopause Transition

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The Burden of Hot Flushes

(Freeman et. al., 2011; Sarrell et. al., 2015)
Percent of variance in hot flush interference ratings **not** explained by flush frequency

(Brown et al., 2014; Carpenter & Rand, 2008; Rand et al., 2011)
Self-Compassion

- Healthy way of relating towards the self when facing difficulties (Neff, 2002)

- Self-Kindness
- Common Humanity
- Mindfulness
Methods

• Community sample of 517 women aged 40-60 who had participated in an earlier longitudinal study of health and well-being
  ▫ 206 women reported current hot flushes
  ▫ 10 year longitudinal data for 490 participants

• Structural equation modelling using Mplus statistical software
Results

Fig. 2. Path analysis testing the interaction of self-compassion and HFNS in contributing to HFI and depressive symptoms. Path coefficients are standardized. Note: HFNS, hot flushes and night sweats; CES-D, Center for Epidemiologic Studies Depression Scale.
Positive well-being during the menopausal transition: a systematic review

L. Brown*, C. Bryant*† and F. K. Judd‡∥

Does menopause impact happiness and human flourishing?

17 August, 2015

In contrast to the large body of literature on psychological symptoms during the menopause transition, relatively little is known about positive well-being including happiness, satisfaction with life and self-actualization at this time. Our recent review
Menopausal Predictors or Well-being


- Hedonic Well-being
  - Emotional balance
    - $R^2 = .36$
  - Satisfaction with Life
    - $R^2 = .29$

- Eudaimonic Well-being
  - Warwick-Edinburgh mental well-being
    - $R^2 = .47$

- Negative Well-being
  - Depressive Symptoms
    - $R^2 = .38$

- Hot Flush Frequency
- Hot Flush Interference
- Beliefs: Perceived Consequence
- Beliefs: Perceived Symptoms
- Beliefs: Perceived Control

$R^2 = .46$
Self-compassion, Menopause and Well-being

\[ \Delta R^2 = 0.02 \text{ - } 0.10 \]

**Fig. 3.** Structural equation model of how menopausal factors and self-compassion influence a range of well-being outcomes. Path coefficients are standardised. Significant paths are signified by dark lines, together with their corresponding beta coefficients. Paths that were tested, but that were not significant \((p > .05)\) are included as light dashed grey lines.
It Isn’t All in Your Head

Self-compassion
- Self-kindness
- Common humanity
- Mindfulness

Take control
- Dialogue
- Workplace issues
- Health care
- Personal cooling
- Education
Menopause occurs in a cultural context. A context that often glorifies youth.
Table 4
The proportion of variance in menopausal factors explained by demographics and attitudes to ageing.

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Note: Variables included under ‘Demographics’ were relationship, education and employment status. AAQ: Attitudes to Ageing Questionnaire.

$^*$ $p<0.05.$

$^{**}$ $p<0.01.$
Positive Attitude to Ageing

Negative attitude to Ageing

Positive affect

Negative affect

Life satisfaction

Positive Attitude to Ageing

Negative attitude to Ageing

Two Tiers of Intervention

**NUDGES (PPP)**
Prime, Plan, Peer-pressure

**EXERCISES (TTT)**
Talk, Touch, Take-control
Research Team

Assoc. Prof. Christina Bryant  Prof. Fiona Judd

Committee members Prof. Stephen Bowden, Assoc. Prof. Jennifer Boldero and Prof. Henry Jackson

Dr. Bei Bei and Ms. Valerie Brown
References

• Neff, & Germer. (2013). A Pilot Study and Randomized Controlled Trial of the Mindful Self-Compassion Program. *Journal of Clinical Psychology, 69*(1), 28-44.