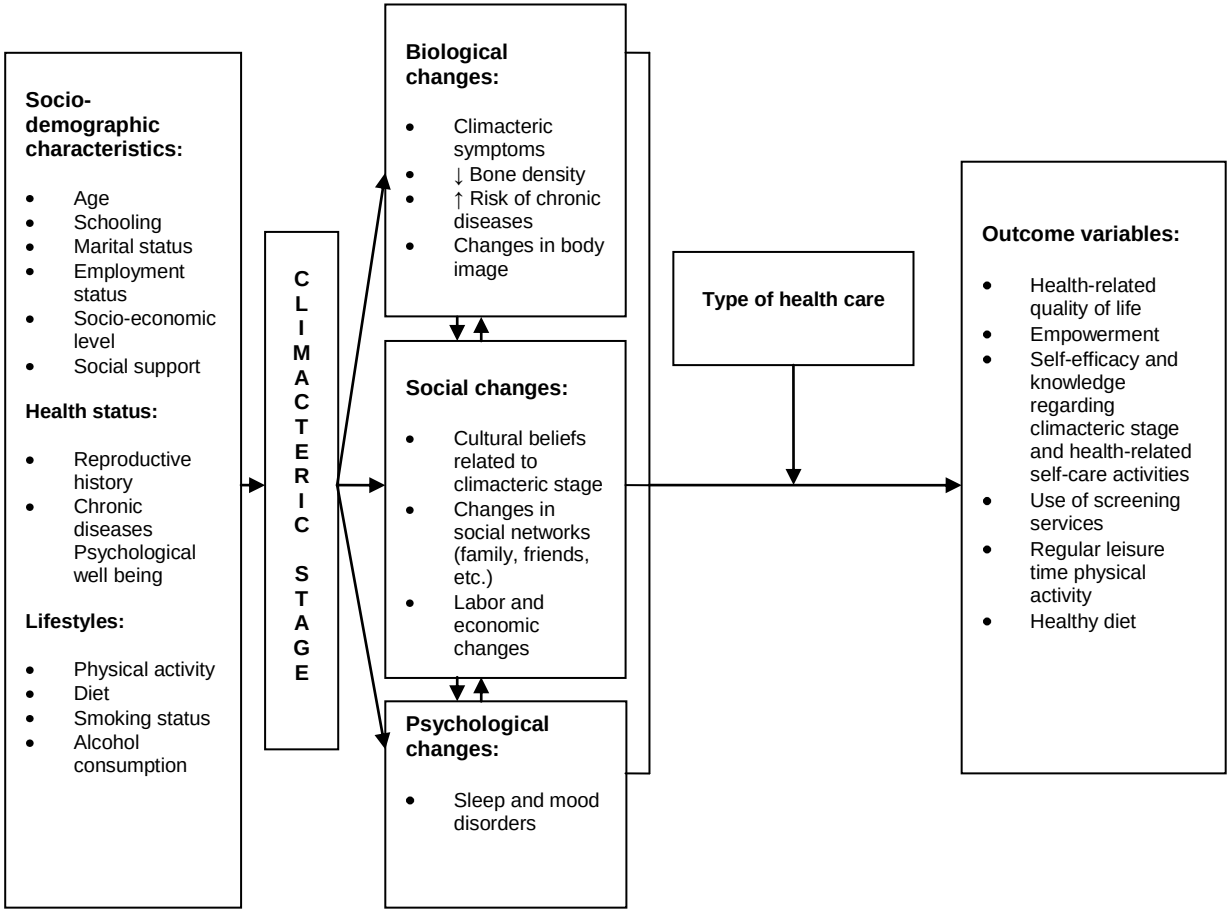
Socio-demographic characteristics:
Age
Schooling
Marital status
Employment status
Socio-economic level
Social support
Health status:
Reproductive history
Chronic diseases
Psychological well being
Lifestyles:
Physical activity
Diet
Smoking status
Alcohol consumption
CLIMACTERIC STAGE
Biological changes:
Climacteric symptoms
↓ Bone density
↑ Risk of chronic diseases
Changes in body image
Social changes:
Cultural beliefs related to climacteric stage
Changes in social networks (family, friends, etc.)
Labor and economic changes
Psychological changes:
Sleep and mood disorders
Type of health care
Outcome variables:
Health-related quality of life
Empowerment
Self-efficacy and knowledge regarding climacteric stage and health-related self-care activities
Use of screening services
Regular leisure time physical activity
Healthy diet