ABSTRACT

TITLE:	The Affect of Stress on the Frequency and Severity of Hot Flashes Experienced by Postmenopausal Women
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ABSTRACT: The main objective of the current study was to determine if daily stress is related to the frequency and intensity of hot flashes experienced by postmenopausal women. A stress survey (The Ohio State University Medical Center) was taken by the participants at the end of each week of journaling for three weeks. For each week a stress rating was assigned for each participant based on their stress survey results. Self reported journaling of hot flash experiences was recorded by each subject for three weeks. The intensity of each hot flash was rated on a scale from 1-10, and recorded in each participant's journal. A Pearson correlation test was used to analyze the data collected comparing stress and the frequency and severity of hot flashes experienced during the three weeks of data collection for the current study. No significant correlation was found for the relationship of stress to the frequency or severity of hot flashes experienced for each week evaluated.