

Hot topic:

Evaluation Snapshot of menopause information sessions

Perimenopause and menopause are often poorly understood, resulting in delays in diagnosis, symptom management, and support, which negatively impact health, quality of life, and workforce participation for affected women and gender-diverse individuals. To address this, WHISE conducted a webinar in September 2022, followed by the formation of a working group to enhance understanding and response to perimenopause and menopause.

Based on webinar feedback and stakeholder consultations, WHISE implemented educational sessions covering symptoms, health impacts, treatment options, and help-seeking. Initially planning four sessions, WHISE expanded to deliver nineteen sessions due to high interest, aiming to increase knowledge, confidence, reduce stigma, and promote help-seeking behaviors among participants.

How many participants registered in total?

340

How many completed the pre survey?



18

Attendees who completed post survey

69

Changes in understanding

The evaluation revealed changes in understanding and knowledge from pre- to post- to follow-up. Figure 1 illustrates the **increased awareness of various symptoms experienced during perimenopause and menopause**. This question also showed a notable improvement, with knowledge ratings rising by 69 percentage points, and 92% of attendees rating their understanding as *good* to *very good*. The follow-up survey indicated a slight further increase in knowledge, with the majority of participants continuing to rate their understanding as *good* or *very good*.

The question regarding **knowledge of lifestyle changes to manage menopausal symptoms** received predominantly *good* to *very good* responses (87%; see Figure 2), indicating a substantial increase in knowledge. In the follow-up survey, there was a slight increase in *good* responses, with 68% of participants rating their knowledge as *good* compared to 54% in the post-survey.

Confidence to apply learnings

The evaluation revealed changes in confidence levels from pre- to post-session. Attendees reported an 80% overall **increase in confidence in discussing the impact of perimenopause and menopause on their health with friends and family**, with 91% rating their confidence as *good* or *very good*. **Confidence in seeking support from healthcare providers to manage menopausal symptoms** received an increase of 74%, with 85% rating their confidence as *good* or *very good*. Additionally, **confidence in seeking workplace support to manage menopausal symptoms** received an increase of 58%, with 69% of attendees reporting *good* to *very good* confidence levels.

Feedback

By far, most people reported that the facilitators were **'fabulous'**, **'passionate'**, **'clear'** and/or **'fantastic'**, and that the session was **'lovely'**, **'enjoyable'**, and **'informative'**.

"Thank you for the content. This was exceptionally helpful in identifying options and navigating life into the future."

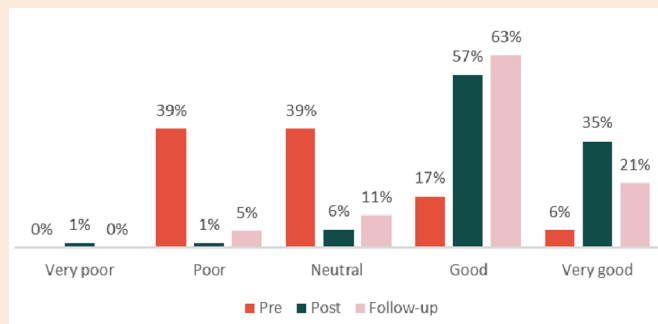


Figure 1. Pre, post, and follow-up session ratings of knowledge of the different symptoms experienced during perimenopause and menopause.

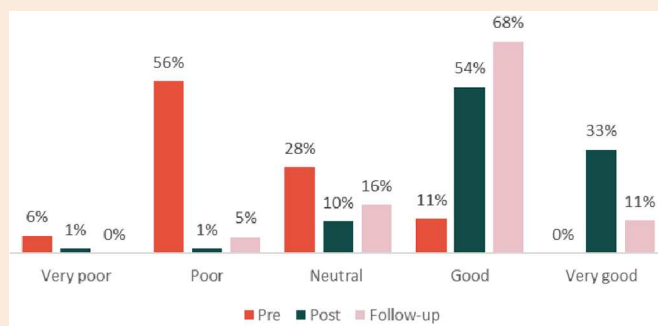


Figure 2. Pre, post, and follow-up session ratings of knowledge of lifestyle changes that can be used to manage menopausal symptoms.

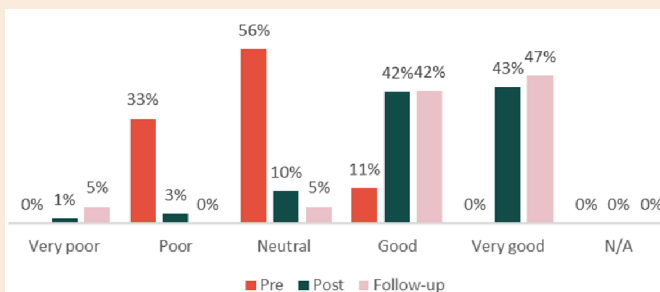


Figure 3. Pre, post, and follow-up session ratings of confidence in seeking support from your healthcare provider to manage menopausal symptoms, if applicable.