

## Abdominal hysterectomy as a risk factor to psychological stress, alteration of sleep and quality of life

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**CONTEXT:** Abdominal Hysterectomy (AH) is the gynecological surgery that most often performed in women.

**OBJECTIVE:** To estimate if AH a risk factor associated is with severe somatic, psychological, urogenital and quality of life deterioration, as well as sleep disturbances and psychological stress.

**METHODS:** Cross-sectional study carried out on women living in the Colombian Caribbean, who identified healthy women in their communities through voluntary assessment, door-to-door through pollsters. Investigation without risks and approval of the ethics committee. Data analysis with EPI-INFO 7. They were divided into two groups: hysterectomized (HI) and non-hysterectomized (NHI). Unadjusted logistic regression was performed to identify whether AH behaved as a risk factor. Study that is part of the CAVIMEC research project [Quality of Life in Menopause and Colombian Ethnicities]

**PATIENTS:** Hispanic women residents of the Colombian Caribbean coast, with ages between 40-59 years. Pregnant women were excluded.

**INTERVENTIONS:** Form of sociodemographic variables and scales were applied: Perceived Stress Scale (PSS-10), Menopause Rating Scale (MRS) and Jenkins Scale, all in Spanish versions.

**MAIN OUTCOME MEASURES:** Severe somatic, psychological, urogenital and quality of life, perceived stress. alteration of sleep

**RESULTS:** We studied 471 women, 237 HI and 234 NHI, with ages  $50.6 \pm 4.4$  and  $46.0 \pm 4.8$  respectively, significant difference. Both ovaries conserved 66.2% of HI and 97.4% of NHI. No differences were observed in menopausal symptoms, psychosomatic deterioration or quality of life. Women with HI had greater urogenital deterioration than NHI,  $p=0.009$ ; more awakenings during the night,  $p=0.0026$ ; they had more sleep disturbance  $p<0.05$  and greater perceived stress  $p<0.05$ . It was found that AH was a risk factor for perceived stress OR 4.6 [95% CI: 2.6-7.9] and severe urogenital deterioration OR 1.57 [95% CI: 1.08-2.28]. It was not for severe somatic impairment OR 1.55 [95% CI: 0.85-2.81], psychological OR 1.25 [95% CI: 0.85-1.83] or quality of life OR 1, 29 [05% CI: 0.88-1.89], neither for sleep disturbances OR: 1.37 [95% CI: 0.95-1.97].

**CONCLUSIONS:** AH was a factor associated with severe urogenital deterioration and perceived stress in climacterics of the Colombian Caribbean.

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