

# Attitudes towards menopause and hormone replacement therapy amongst Singaporean women throughout menopause transition: Cross-sectional population-based survey

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## Background

Attitudes towards menopause and hormone replacement therapy vary widely across cultures and affect symptoms management and health-seeking behavior<sup>1</sup>. Previous qualitative study done in Singapore suggested that Singaporean women holds an attitude of acceptance towards menopause<sup>2</sup>. Our study provides quantitative data on how menopause and hormone replacement therapy are perceived by the general Singaporean female population.

Attitude towards Menopause	N = 309
Natural	181 (58.6%)
Old age	157 (50.8%)
No problem	111 (35.9%)
Freedom	95 (30.7%)
Threatening, dreading, causing symptoms and health problems	73 (23.6%)
Nuisance, inconvenience	39 (12.6%)
Femininity loss, end of womanhood	38 (12.3%)
Fertility loss, unable to have children	31 (10.0%)
Eagerly awaited	9 (2.9%)
*n (%)	

## Results

Out of 309 participants, 89 were in menopause, 160 were going through menstrual changes, and 60 had regular menses.

Overall, most participants associated menopause with “natural” (58.6%) and “old age” (50.8%). 40.8% of women with menstrual changes in the past year regarded menopause as “threatening, dreading, causing symptoms and health problems”, compared to 15.6% in women with regular menses and 16.0% in postmenopausal women.

With regards to hormone replacement therapy (HRT), 52.8% shared that they “would only take HRT if recommended by the doctor” and 18.4% believed that “natural approaches are better than HRT”. Notably, 29.1% of participants shared that this was the first time they had heard about HRT.

## Methods

We conducted a cross-sectional population study from October 2023 to October 2024 in the general Singaporean female population. We randomly recruited women aged between 40 and 60 years from public health forums and social media advertisements. Participants completed online questionnaire on sociodemographic, attitudes towards menopause and hormone replacement therapy.

Attitude towards Hormone Replacement Therapy (HRT)	N = 309
I would only take HRT if my doctor recommended it to me	163 (52.8%)
This is the first time I heard about HRT, I do not know enough about HRT	90 (29.1%)
Natural approaches are better than HRT	57 (18.4%)
HRT is a good solution if a woman has many menopause symptoms	46 (14.9%)
HRT has many side effects	24 (7.8%)
HRT is to be avoided	16 (5.2%)
HRT is a good solution even if a woman experience only few symptoms	14 (4.5%)
HRT is a good solution to prevent age-related health problems	13 (4.2%)
HRT is unhealthy	6 (1.9%)
HRT is a bad solution to prevent age-related health problems	2 (0.6%)
*n (%)	

## Conclusions

This population-based study sheds light on common attitudes towards menopause and hormone therapy amongst Singaporean women. This can better inform clinical practices and improve health education for perimenopausal women.

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