

Making sense of menopause in daily life

Are you going through menopause?

What is your experience of it in everyday life?

The menopause is a stage of life that around half the population will experience. Although still a taboo, it is discussed more and more in public discourse. Despite this, we still don't know enough about the complexities of menopause because everyone's experience is different. To better understand how menopause affects people's lives, we need to listen to those going through it.

In this PhD study, I am looking to speak to people from all walks of life to share their unique experiences and hear about the different ways in which menopause impacts them.

There are two ways to get involved:

Share your experiences, feelings and thoughts about your menopause by...

1. Keeping an audio diary. This involves downloading an app onto your phone and recording short audio messages 2x a week for 2 months. You will be in touch with the researcher during this time, but will record your diary entries in your own space and time.
2. Taking part in a one-off conversation with the researcher and maybe other people going through menopause. This will take place after the audio diaries have been completed.

You can choose to participate in both or either of these options. As a small thank you, you will receive a voucher of £20 for each activity (£40 for both).

You can participate if you are:

- 18 years old or over
- A person who is clinically or self-diagnosed as being perimenopausal (starting menopause, still have menstrual periods) or postmenopausal (after menopause)
- Resident in the UK for around 5 years or longer
- Comfortable talking in English about your menopause experience

If you are interested, please contact Marleen:
marleen.pauls@kcl.ac.uk or 07716256039

I would love to hear from you!

