

폐경기 여성에서 에스트로젠 치료가 우울증상과 주의집중력에 미치는 영향*

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The Effects of Estrogen Replacement Therapy on Depressive Symptoms and Attention in Postmenopausal Women*

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ABSTRACT

Objectives : The purpose of this study was to evaluate the difference of depressive symptoms and attention between estrogen user and non-user in postmenopausal women.

Methods : 30 Estrogen users and 30 non-users were participated in this study. They were all menopausal for at least 1 year and have 12 or more education years.

We used BDI(Beck depression inventory), digit span and digit symbol to evaluate depressive symptoms and attention in both groups. We also measured the plasma estradiol level and identified the correlation between estradiol level and BDI, digit span and digit symbol.

Results : The demographic data was not different between both groups. Estrogen users scored higher than non-users in digit span(forward) and lower than non-users in BDI. The correlation between estradiol level and BDI, digit span and digit symbol was not significant.

Conclusion : Estrogen replacement therapy was effective in alleviating depressive symptoms but ineffective in improving attention in postmenopausal women.

KEY WORDS : Postmenopausal women · Estrogen · Depression · Attention.

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(postmenopausal syndrome)

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K - WAIS(1992) (digit span) (digit symbol) 7 7

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Table 1. Characteristics of subject groups

	Estrogen non-user (n=30)	Estrogen user (n=30)	p value
Age	53.80 ± 3.73	53.53 ± 3.80	0.847
Education year	14.40 ± 2.41	13.87 ± 2.07	0.521
Menopausal year	4.13 ± 2.56	3.87 ± 1.36	0.882

Table 2. Comparison between estrogen user and non-user

	Estrogen non-user (n=30)	Estrogen user (n=30)	p value
BDI	15.33 ± 6.64	10.33 ± 6.15	0.041*
Digit span(forward)	9.67 ± 1.05	10.87 ± 1.96	0.046*
Digit span(backward)	6.40 ± 1.59	6.53 ± 1.06	0.790
Digit span(total)	16.07 ± 2.09	17.40 ± 2.82	0.152
Digit smbol	42.20 ± 6.48	43.60 ± 8.08	0.605

* : Statistically significant BDI : beck depression inventory

Table 3. Correlation between estradiol and BDI, HRSD, digit span and digit symbol

	Correlation coefficient(r)	p value
BDI	0.522	-0.112
Digit span(forward)	0.253	0.121
Digit span(backward)	0.650	0.220
Digit span(total)	0.223	0.320
Digit symbol	0.266	0.120

BDI : beck depression inventory

(Holzbauer Youdim 1973).

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(Stahl 1996). Schneider

(1998)

(sertraline)

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Hackman Galbraith(1976)

(feeling of well - being) (Daly

1993 ; Limouzin - Lamothe 1994 ; Schneider 1977 ;

Palinkas Barrett - Connor 1992).

Campell Whitehead(1977)

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요 약

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30 (1986)

Beck Beck depression inventory(BDI)

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중심 단어 :

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