There is More to Perimenopause than Hot Flashes: Annotated Questionnaire

May 2021

Methods

Survey sponsor	AARP
Survey/Data collection supplier	AARP Proprietary Panel
Population represented	U.S. women ages 35+
Sample size	1,400. Targeted quotas were set for age, Census region, marital status, race/ethnicity, and income.
Mode of data collection	Online panel
Type of sample (probability/non-probability)	Non-Probability
Start and end dates of data collection	September 24 – October 4, 2020
Margin of sampling error for total sample	Not applicable
Margin of sampling error for key subgroups	Not applicable
Weighting	The data are weighted to the U.S. population by age, race, Hispanic ethnicity, marital status, census division, and income to benchmarks from the Current Population Survey (CPS).
Contact for more information	Colette Thayer, Ph.D., cthayer@aarp.org Cheryl Lampkin, Ph.D., clampkin@aarp.org For media inquiries, contact media@aarp.org

Screening Questions

S1. Are you?

Male	-
Female	100%
Identify differently	-
Refused	-

S2. What is your age?

Under 35	-
35-39	9%
40-49	30%
50-59	31%
60-69	16%
70+	16%

S3. Which of the following best describes your race? Select all that apply

American Indian or Alaska Native	1%
Asian	4%
Black or African American	14%
Native Hawaiian or Other Pacific Islander	<0.5%
White	79%
Other race	4%
Refused	-

S4: Are you of Spanish, Hispanic or Latino background?

Yes	15%
No	85%
Refused	-

S5. What is your current marital / relationship status?

Married	62%
Living with a partner	5%
Widowed	8%
Divorced or Separated	13%
Never Married	13%
Refused	-

S6. What was your household's total income from all sources in 2019?

Less than \$25,000	14%
\$25,000 to less than \$50,000	21%
\$50,000 to less than \$75,000	16%
\$75,000 to less than \$100,000	16%
\$100,000 to less than \$150,000	19%
\$150,000 to less than \$200,000	7%
\$200,000 or more	7%
Prefer not to provide	-
Refused	-

S7. What is your zip code? *Please enter your 5 digit zip code.*

Main

Q1: In general, how would you rate your physical health?

Top 2 Box (Net)	43%
Excellent (5)	10%
Very Good (4)	33%
Good (3)	39%
Bottom 2 Box (Net)	18%
Fair (2)	15%
Poor (1)	3%

Q2: In general, how would you rate your mental health?

Top 2 Box (Net)	56%
Excellent (5)	23%
Very Good (4)	33%
Good (3)	30%
Bottom 2 Box (Net)	15%
Fair (2)	12%
Poor (1)	3%

Q3: Have you experienced any of the following?

	Yes (Net)	Yes – In the past year	Yes - More than a year ago	No
Sleep problems	51%	41%	10%	49%
Skin dryness	46%	37%	9%	54%
Fatigue/tired (more so than usual)	45%	36%	9%	55%
Weight gain and slowed metabolism	45%	32%	13%	55%
Skin sagging/looseness	39%	29%	10%	61%
Anxiety/panic	36%	29%	8%	64%
Mood swings/irritability	34%	26%	8%	66%
Hair thinning or loss	33%	22%	11%	67%
Depression	33%	24%	9%	67%
Increased facial hair growth (on upper lip, chin, or jaw line)	33%	16%	16%	67%
Reduced libido or sex drive	31%	20%	10%	69%
Hot flashes	31%	22%	9%	69%
Night sweat	30%	22%	8%	70%
Migraines or frequent headaches	30%	22%	8%	70%
Mental fog/difficulty concentrating	29%	22%	7%	71%
Heart palpitations (fast-beating, fluttering or pounding heart)	29%	18%	12%	71%
Vaginal dryness	26%	19%	7%	74%
Itchy/crawly skin	24%	19%	5%	76%
Incontinence (lack urination or bowel/stool control)	21%	14%	7%	79%
Acne	21%	13%	8%	79%
Tingling extremities	20%	16%	5%	80%
Changes in menstruation	20%	12%	9%	80%
Difficulty achieving orgasm	18%	13%	6%	82%
Breast tenderness	17%	12%	4%	84%
Painful intercourse	17%	10%	7%	83%
Extremely heavy periods	16%	9%	7%	84%
Burning tongue	4%	2%	2%	96%
Increased hair growth on other areas of body	11%	7%	4%	89%
Median (Mean)	6 (8)			

Q4: What have you done in response to these changes in your body? [OPEN-ENDED]

Q5: Could any of the following result from a decline in women's hormone levels as they age, or are you not sure?

	Yes	No	Not sure
Hot flashes	63%	21%	16%
Weight gain and slowed metabolism	62%	21%	17%
Night sweat	59%	23%	18%
Vaginal dryness	59%	23%	18%
Changes in menstruation	58%	26%	16%
Reduced libido or sex drive	56%	24%	20%
Mood swings/irritability	55%	23%	22%
Hair thinning or loss	55%	24%	22%
Fatigue/tired (more so than usual)	53%	23%	25%
Increased facial hair growth (on upper lip, chin, or jaw line)	53%	25%	21%
Sleep problems	51%	22%	27%
Skin sagging/looseness	49%	25%	26%
Painful intercourse	48%	27%	26%
Skin dryness	48%	23%	30%
Difficulty achieving orgasm	47%	26%	27%
Mental fog/difficulty concentrating	44%	28%	28%
Depression	43%	28%	29%
Increased hair growth on other areas of body	43%	28%	29%
Incontinence (lack urination or bowel/stool control)	39%	30%	31%
Breast tenderness	37%	31%	33%
Anxiety/panic	35%	30%	35%
Extremely heavy periods	34%	34%	31%
Migraines or frequent headaches	32%	31%	37%
High blood pressure [DECOY]	32%	32%	36%
Acne	31%	35%	35%
Heart palpitations (fast-beating, fluttering or pounding heart)	29%	33%	38%
Hearing loss [DECOY]	27%	40%	33%
Itchy/crawly skin	25%	31%	44%
Type 2 Diabetes [DECOY]	23%	38%	39%
Tingling extremities	21%	33%	47%
Burning tongue	13%	38%	49%

Q6: How informed do you feel about changes in your body that could result from a decline in your hormone levels as you age?

Top 2 Box (Net)	69%
4 - Very informed (4)	18%
3 - Somewhat informed (3)	51%
Bottom 2 Box (Net)	31%
2 - Not too informed (2)	24%
1 - Not at all informed (1)	7%

Q7. How, if at all, have or will changes in your body that result from a decline in your hormone levels as you age impact how you view yourself? Have or will they make you feel...

Old	40%
Like I am starting a new phase in my life	40%
Human	26%
More mature	24%
Less feminine	15%
Ugly	12%
Free	10%
Happy	8%
Empowered	6%
Invisible	5%
More feminine	5%
Fallible	5%
More beautiful	4%
Renewed	4%
None of the above	22%

Q8: Do you feel what happens to women as they experience declining hormone levels as they age is discussed...

Too little	57%
The right amount	33%
Too much	11%

Q9: Do you feel the physical impact of declining hormone levels in women as they age is discussed...

Too little	58%
The right amount	32%
Too much	11%

Q10: Do you feel the mental impact of declining hormone levels in women as they age is discussed...

Too little	61%
The right amount	29%
Too much	10%

Q11: What do you think the average age is that hormone levels start to decline in a woman's body as she ages?

30-34	2%
35-39	11%
40-44	22%
45-49	25%
50-54	21%
55 to	9%
60 or older	5%
Not sure	5%

Q12: Have you ever discussed how declining hormone levels impact a woman's body as she ages with...

A friend	41%
Your mother or mother figure	25%
A relative other than your mother or mother figure	28%
A doctor or other healthcare provider	45%

Q13 Did you find the conversation with [INSERT FROM PREVIOUS QUESTION] about declining hormone levels...

	Top 2 Box (Net)	Very helpful (4)	Somewhat Helpful (3)	Bottom 2 Box (Net)	Not too helpful (2)	Not at all helpful (1)
A friend (n=565)	85%	23%	63%	15%	14%	1%
Your mother or mother figure (n=341)	86%	31%	55%	14%	11%	3%
A relative other than your mother or mother figure (n=381)	83%	25%	58%	17%	14%	3%
A doctor or other healthcare provider (n=622)	90%	38%	52%	10%	8%	2%

Q14: Have you ever searched for information online about how declining hormone levels impact a woman's body as she ages?

Yes	31%
No	69%

Q15: Have you ever searched for information online about how perimenopause or menopause impacts a woman's body as she ages?

Yes	37%
No	63%