

## **BBC RADIO SHEFFIELD – MENOPAUSE RESEARCH**

ComRes interviewed 1,009 women aged 50–60, between 8<sup>th</sup> December and 18<sup>th</sup> December 2017. Data were weighted to be nationally representative of UK women aged 50–60 by region. ComRes is a member of the British Polling Council and abides by its rules.

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### **REPUTATION | COMMUNICATIONS | PUBLIC POLICY**

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# JN303687 Menopause Poll 2017

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|  |    |
|--|----|
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## JN303687 Menopause Poll 2017

### Q1. To what extent did you have an understanding of the menopause prior to experiencing it?

Base: All respondents

|                                      | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--------------------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                                      | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                                      | a         | b           | a            | b    | a                              | b                           | c                    | a                         | b                    | a   | b                        |                     |
| Significance Level: 95%              |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total                     | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total                       | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                                      | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| I had a strong understanding of it   | 281       | 141         | 140          | 139  | 143                            | 281                         | 281                  | -                         | 251                  | 30  | 132                      | 67                  |
|                                      | 28%       | 26%         | 30%          | 27%  | 29%                            | 30%                         | 100%                 | -                         | 30%                  | 26%   | 31%                      | 34%                 |
|                                      |           |             |              |      |                                | c                           | ac                   |                           |                      |   |                          |                     |
| I had a moderate understanding of it | 378       | 204         | 174          | 207  | 171                            | 378                         | -                    | 378                       | 334                  | 44  | 161                      | 73                  |
|                                      | 37%       | 38%         | 37%          | 40%  | 34%                            | 41%                         | -                    | 100%                      | 40%                  | 38%   | 38%                      | 37%                 |
|                                      |           |             |              |      |                                | b                           |                      | ab                        |                      |   |                          |                     |
| I had some understanding of it       | 265       | 143         | 122          | 120  | 145                            | 265                         | -                    | -                         | 225                  | 40  | 113                      | 55                  |
|                                      | 26%       | 26%         | 26%          | 23%  | 29%                            | 29%                         | -                    | -                         | 27%                  | 34%   | 26%                      | 28%                 |
|                                      |           |             |              |      | a                              | bc                          |                      |                           |                      |   |                          |                     |
| I had no understanding of it         | 36        | 16          | 20           | 18   | 18                             | -                           | -                    | -                         | 35                   | 2   | 20                       | 3                   |
|                                      | 4%        | 3%          | 4%           | 4%   | 4%                             | -                           | -                    | -                         | 4%                   | 2%  | 5%                       | 2%                  |
| I have not experienced the menopause | 49        | 39          | 10           | 30   | 19                             | -                           | -                    | -                         | -                    | -   | -                        | -                   |
|                                      | 5%        | 7%          | 2%           | 6%   | 4%                             | -                           | -                    | -                         | -                    | -   | -                        | -                   |
|                                      |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| <b>NETS</b>                          |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: At least some understanding     | 924       | 488         | 436          | 466  | 459                            | 924                         | 281                  | 378                       | 810                  | 115   | 406                      | 195                 |
|                                      | 92%       | 90%         | 93%          | 91%  | 93%                            | 100%                        | 100%                 | 100%                      | 96%                  | 98%   | 95%                      | 98%                 |
|                                      |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Experienced the menopause       | 960       | 504         | 456          | 484  | 477                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                                      | 95%       | 93%         | 98%          | 94%  | 96%                            | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
|                                      |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q1. To what extent did you have an understanding of the menopause prior to experiencing it?

Base: All respondents

|                                      | Total      | REGION     |            |                          |                  |               |                       |                  |               |                 |           |                 |                  |
|--------------------------------------|------------|------------|------------|--------------------------|------------------|---------------|-----------------------|------------------|---------------|-----------------|-----------|-----------------|------------------|
|                                      |            | North East | North West | Yorkshire and the Humber | East Midlands    | West Midlands | East                  | London           | South East    | South West      | Wales     | Scotland        | Northern Ireland |
|                                      |            | a          | b          | c                        | d                | e             | f                     | g                | h             | i               | j         | k               | l                |
| Significance Level: 95%              |            |            |            |                          |                  |               |                       |                  |               |                 |           |                 |                  |
| Unweighted Total                     | 1009       | 48         | 118        | 98                       | 83               | 93            | 100                   | 118              | 97            | 97              | 50        | 93              | 14               |
| Weighted Total                       | 1009       | 45         | 114        | 85                       | 74               | 88            | 95                    | 107              | 140           | 90              | 51        | 93              | 28               |
|                                      | 100%       | 100%       | 100%       | 100%                     | 100%             | 100%          | 100%                  | 100%             | 100%          | 100%            | 100%      | 100%            | 100%             |
| I had a strong understanding of it   | 281<br>28% | 14<br>31%  | 28<br>25%  | 30<br>36%<br>d           | 14<br>19%        | 21<br>24%     | 23<br>24%             | 37<br>35%<br>d   | 37<br>27%     | 23<br>26%       | 17<br>34% | 28<br>30%       | 8<br>29%         |
| I had a moderate understanding of it | 378<br>37% | 18<br>40%  | 45<br>40%  | 29<br>35%<br>d           | 25<br>34%        | 33<br>38%     | 51<br>54%<br>bcdeghik | 42<br>40%        | 50<br>36%     | 29<br>32%       | 22<br>42% | 29<br>31%       | 4<br>14%         |
| I had some understanding of it       | 265<br>26% | 11<br>25%  | 31<br>27%  | 17<br>20%<br>cfg         | 26<br>35%<br>cfg | 24<br>28%     | 17<br>18%             | 19<br>18%        | 39<br>28%     | 29<br>32%<br>fg | 10<br>20% | 29<br>31%<br>fg | 12<br>43%        |
| I had no understanding of it         | 36<br>4%   | 1<br>2%    | 5<br>4%    | 3<br>3%<br>f             | 6<br>8%<br>f     | 4<br>4%       | 1<br>1%               | 6<br>6%          | 3<br>2%       | 3<br>3%         | 1<br>2%   | 2<br>2%         | 2<br>7%          |
| I have not experienced the menopause | 49<br>5%   | 1<br>2%    | 5<br>4%    | 5<br>6%                  | 3<br>4%          | 6<br>6%       | 3<br>3%               | 2<br>2%          | 10<br>7%<br>g | 7<br>7%<br>g    | 1<br>2%   | 5<br>5%         | 2<br>7%          |
| <b>NETS</b>                          |            |            |            |                          |                  |               |                       |                  |               |                 |           |                 |                  |
| Net: At least some understanding     | 924<br>92% | 43<br>96%  | 104<br>92% | 77<br>91%                | 65<br>88%        | 78<br>89%     | 91<br>96%<br>d        | 98<br>92%        | 127<br>91%    | 81<br>90%       | 49<br>96% | 86<br>92%       | 24<br>86%        |
| Net: Experienced the menopause       | 960<br>95% | 44<br>98%  | 109<br>96% | 80<br>94%                | 71<br>96%        | 82<br>94%     | 92<br>97%             | 105<br>98%<br>hi | 130<br>93%    | 84<br>93%       | 50<br>98% | 88<br>95%       | 26<br>93%        |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q1. To what extent did you have an understanding of the menopause prior to experiencing it?

Base: All respondents

|                                      | REGION GROUPS |            |               |            |              |                       |
|--------------------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                                      | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                                      |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%              |               |            |               |            |              |                       |
| Unweighted Total                     | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total                       | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                                      | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| I had a strong understanding of it   | 281           | 72         | 58            | 98         | 228          | 53                    |
|                                      | 28%           | 30%        | 23%           | 29%        | 27%          | 31%                   |
| I had a moderate understanding of it | 378           | 93         | 109           | 122        | 324          | 55                    |
|                                      | 37%           | 38%        | 43%           | 36%        | 39%          | 32%                   |
| I had some understanding of it       | 265           | 60         | 67            | 87         | 214          | 51                    |
|                                      | 26%           | 24%        | 26%           | 26%        | 26%          | 30%                   |
| I had no understanding of it         | 36            | 8          | 11            | 12         | 31           | 5                     |
|                                      | 4%            | 3%         | 4%            | 4%         | 4%           | 3%                    |
| I have not experienced the menopause | 49            | 11         | 11            | 18         | 41           | 8                     |
|                                      | 5%            | 4%         | 4%            | 5%         | 5%           | 5%                    |
| <b>NETS</b>                          |               |            |               |            |              |                       |
| Net: At least some understanding     | 924           | 225        | 234           | 306        | 765          | 159                   |
|                                      | 92%           | 92%        | 91%           | 91%        | 91%          | 92%                   |
| Net: Experienced the menopause       | 960           | 233        | 245           | 318        | 796          | 164                   |
|                                      | 95%           | 96%        | 96%           | 95%        | 95%          | 95%                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q2. How useful is/was your GP in helping you with the symptoms of the menopause?

Base: All who have experienced the menopause

|  | Total             | AGE GROUP   |             | SOCIAL GRADE   |                 | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |                  | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--|-------------------|-------------|-------------|----------------|-----------------|--------------------------------|----------------------|------------------------|---------------------------|------------------|---|---------------------|
|  |                   | 50-55 years | 56-60 years | ABC1           | C2DE            | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms      | Severely/fairly affected                      | Not at all affected |
|  |                   | a           | b           | a              | b               | a                              | b                    | c                      | a                         | b                | a   | b                   |
| Significance Level: 95%                                      |                   |             |             |                |                 |                                |                      |                        |                           |                  |   |                     |
| Unweighted Total   | 962               | 507         | 455         | 486            | 476             | 925                            | 282                  | 382                    | 845                       | 117              | 430   | 197                 |
| Weighted Total   | 960               | 504         | 456         | 484            | 477             | 924                            | 281                  | 378                    | 844                       | 116              | 426   | 199                 |
|  | 100%              | 100%        | 100%        | 100%           | 100%            | 100%                           | 100%                 | 100%                   | 100%                      | 100%             | 100%  | 100%                |
| Very helpful   | (4)<br>113<br>12% | 58<br>12%   | 54<br>12%   | 50<br>10%      | 62<br>13%       | 110<br>12%                     | 51<br>18%<br>ac      | 38<br>10%              | 113<br>13%<br>b           | -<br>-           | 68<br>16%<br>b                                | 19<br>10%           |
| Fairly helpful   | (3)<br>189<br>20% | 108<br>21%  | 81<br>18%   | 89<br>18%      | 99<br>21%       | 185<br>20%                     | 49<br>18%            | 81<br>22%              | 189<br>22%<br>b           | -<br>-           | 91<br>21%<br>b                                | 24<br>12%           |
| Not very helpful   | (2)<br>130<br>14% | 72<br>14%   | 58<br>13%   | 61<br>13%      | 69<br>15%       | 121<br>13%                     | 27<br>9%             | 55<br>15%              | 130<br>15%<br>b           | -<br>-           | 88<br>21%<br>b                                | 6<br>3%             |
| Not at all helpful   | (1)<br>64<br>7%   | 32<br>6%    | 32<br>7%    | 30<br>6%       | 34<br>7%        | 56<br>6%                       | 18<br>6%             | 20<br>5%               | 64<br>8%<br>b             | -<br>-           | 44<br>10%<br>b                                | 6<br>3%             |
| I do/ did not have symptoms of the menopause                 | 116<br>12%        | 57<br>11%   | 59<br>13%   | 69<br>14%<br>b | 47<br>10%       | 115<br>12%                     | 30<br>11%            | 44<br>12%              | -<br>-                    | 116<br>100%<br>a | 7<br>2%                                       | 60<br>30%<br>a      |
| I had symptoms of the menopause, but I did not consult my GP | 348<br>36%        | 176<br>35%  | 172<br>38%  | 184<br>38%     | 164<br>34%      | 337<br>36%                     | 106<br>38%           | 139<br>37%             | 348<br>41%<br>b           | -<br>-           | 128<br>30%                                    | 84<br>42%<br>a      |
| <b>NETS</b>  |                   |             |             |                |                 |                                |                      |                        |                           |                  |   |                     |
| Net: Helpful   | 301<br>31%        | 167<br>33%  | 135<br>30%  | 140<br>29%     | 162<br>34%      | 295<br>32%                     | 101<br>36%           | 120<br>32%             | 301<br>36%<br>b           | -<br>-           | 159<br>37%<br>b                               | 43<br>22%           |
| Net: Not helpful   | 195<br>20%        | 104<br>21%  | 90<br>20%   | 91<br>19%      | 103<br>22%      | 178<br>19%                     | 45<br>16%            | 75<br>20%              | 195<br>23%<br>b           | -<br>-           | 132<br>31%<br>b                               | 11<br>6%            |
| Net: Have/had symptoms of the menopause                      | 844<br>88%        | 447<br>89%  | 397<br>87%  | 415<br>86%     | 430<br>90%<br>a | 810<br>88%                     | 251<br>89%           | 334<br>88%             | 844<br>100%<br>b          | -<br>-           | 419<br>98%<br>b                               | 138<br>70%          |
| Mean score   | 2.7               | 2.7         | 2.7         | 2.7            | 2.7             | 2.7                            | 2.9<br>ac            | 2.7                    | 2.7                       | -                | 2.6   | 3.0<br>a            |
| Standard deviation   | .96               | .94         | .99         | .96            | .97             | .95                            | 1.02                 | .90                    | .96                       | -                | 1.00  | .94                 |
| Standard error   | .04               | .06         | .07         | .06            | .06             | .04                            | .08                  | .06                    | .04                       | -                | .06   | .13                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q2. How useful is/was your GP in helping you with the symptoms of the menopause?

Base: All who have experienced the menopause

|  |                   | REGION     |            |                          |               |               |           |           |            |            |           |           |                  |
|--|-------------------|------------|------------|--------------------------|---------------|---------------|-----------|-----------|------------|------------|-----------|-----------|------------------|
| Total  |                   | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East      | London    | South East | South West | Wales     | Scotland  | Northern Ireland |
|  |                   | a          | b          | c                        | d             | e             | f         | g         | h          | i          | j         | k         | l                |
| Significance Level: 95%                                      |                   |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Unweighted Total   | 962               | 47         | 113        | 92                       | 80            | 87            | 97        | 116       | 90         | 90         | 49        | 88        | 13               |
| Weighted Total   | 960               | 44         | 109        | 80                       | 71            | 82            | 92        | 105       | 130        | 84         | 50        | 88        | 26               |
|  | 100%              | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%      | 100%      | 100%       | 100%       | 100%      | 100%      | 100%             |
| Very helpful   | (4)<br>113<br>12% | 4<br>9%    | 16<br>15%  | 11<br>14%                | 5<br>8%       | 9<br>11%      | 14<br>15% | 13<br>12% | 16<br>12%  | 4<br>4%    | 4<br>8%   | 10<br>11% | 6<br>23%         |
|  |                   |            | i          | i                        |               |               | i         |           |            |            |           |           |                  |
| Fairly helpful   | (3)<br>189<br>20% | 15<br>34%  | 16<br>15%  | 12<br>15%                | 8<br>11%      | 18<br>22%     | 15<br>16% | 23<br>22% | 33<br>26%  | 11<br>13%  | 11<br>22% | 16<br>18% | 10<br>38%        |
|  |                   |            | bcdfik     |                          |               |               |           |           | di         |            |           |           |                  |
| Not very helpful   | (2)<br>130<br>14% | 8<br>17%   | 15<br>13%  | 15<br>18%                | 14<br>20%     | 12<br>15%     | 16<br>18% | 14<br>13% | 16<br>12%  | 7<br>8%    | 6<br>12%  | 9<br>10%  | -<br>-           |
|  |                   |            |            | i                        | i             |               | i         |           |            |            |           |           |                  |
| Not at all helpful   | (1)<br>64<br>7%   | 4<br>9%    | 8<br>7%    | 5<br>7%                  | 4<br>5%       | 11<br>14%     | 6<br>6%   | 5<br>5%   | 3<br>2%    | 7<br>8%    | 5<br>10%  | 3<br>3%   | 4<br>15%         |
|  |                   |            |            |                          |               | ghk           |           |           |            |            | h         |           |                  |
| I do/ did not have symptoms of the menopause                 | 116<br>12%        | 2<br>4%    | 17<br>16%  | 9<br>11%                 | 8<br>11%      | 6<br>7%       | 9<br>9%   | 9<br>9%   | 14<br>11%  | 19<br>22%  | 5<br>10%  | 17<br>19% | 2<br>8%          |
|  |                   |            | a          |                          |               |               |           |           |            | acefgh     |           | aeg       |                  |
| I had symptoms of the menopause, but I did not consult my GP | 348<br>36%        | 12<br>28%  | 37<br>34%  | 28<br>35%                | 32<br>45%     | 25<br>31%     | 32<br>35% | 42<br>40% | 48<br>37%  | 37<br>44%  | 18<br>37% | 33<br>38% | 4<br>15%         |
| <b>NETS</b>  |                   |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Net: Helpful   | 301<br>31%        | 19<br>43%  | 33<br>30%  | 23<br>29%                | 13<br>19%     | 27<br>33%     | 29<br>32% | 35<br>34% | 49<br>38%  | 15<br>18%  | 15<br>31% | 26<br>30% | 16<br>62%        |
|  |                   |            | di         | i                        |               | di            | di        | di        | di         |            |           |           |                  |
| Net: Not helpful   | 195<br>20%        | 11<br>26%  | 22<br>20%  | 20<br>25%                | 18<br>25%     | 24<br>29%     | 22<br>24% | 19<br>18% | 19<br>14%  | 13<br>16%  | 11<br>22% | 12<br>14% | 4<br>15%         |
|  |                   |            |            |                          |               | hik           |           |           |            |            |           |           |                  |
| Net: Have/had symptoms of the menopause                      | 844<br>88%        | 42<br>96%  | 92<br>84%  | 71<br>89%                | 63<br>89%     | 76<br>93%     | 84<br>91% | 96<br>91% | 115<br>89% | 65<br>78%  | 45<br>90% | 71<br>81% | 24<br>92%        |
|  |                   |            | bik        | i                        |               | ik            | i         | ik        | i          |            |           |           |                  |
| Mean score   | 2.7               | 2.6        | 2.8        | 2.7                      | 2.5           | 2.5           | 2.7       | 2.8       | 2.9        | 2.4        | 2.5       | 2.9       | 2.9              |
|  |                   |            |            |                          |               |               |           |           | dei        |            |           |           |                  |
| Standard deviation   | .96               | .87        | 1.04       | 1.00                     | .92           | 1.04          | .99       | .92       | .80        | 1.01       | .99       | .91       | 1.07             |
| Standard error   | .04               | .15        | .14        | .14                      | .16           | .14           | .14       | .12       | .12        | .18        | .19       | .15       | .34              |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### Q2. How useful is/was your GP in helping you with the symptoms of the menopause?

Base: All who have experienced the menopause

|  |     | REGION GROUPS |            |               |            |              |                       |
|--|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|  |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|  |     |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%                                      |     |               |            |               |            |              |                       |
| Unweighted Total   |     | 962           | 252        | 264           | 296        | 812          | 150                   |
| Weighted Total   |     | 960           | 233        | 245           | 318        | 796          | 164                   |
|  |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very helpful   | (4) | 113           | 31         | 29            | 32         | 93           | 20                    |
|  |     | 12%           | 13%        | 12%           | 10%        | 12%          | 12%                   |
| Fairly helpful   | (3) | 189           | 44         | 41            | 67         | 152          | 37                    |
|  |     | 20%           | 19%        | 17%           | 21%        | 19%          | 23%                   |
| Not very helpful   | (2) | 130           | 37         | 43            | 36         | 115          | 15                    |
|  |     | 14%           | 16%        | 17%           | 11%        | 14%          | 9%                    |
| Not at all helpful   | (1) | 64            | 17         | 21            | 15         | 52           | 12                    |
|  |     | 7%            | 7%         | 8%            | 5%         | 7%           | 7%                    |
| I do/ did not have symptoms of the menopause                 |     | 116           | 28         | 22            | 42         | 92           | 24                    |
|  |     | 12%           | 12%        | 9%            | 13%        | 12%          | 15%                   |
| I had symptoms of the menopause, but I did not consult my GP |     | 348           | 77         | 90            | 126        | 293          | 55                    |
|  |     | 36%           | 33%        | 37%           | 40%        | 37%          | 34%                   |
| <b>NETS</b>  |     |               |            |               |            |              |                       |
| Net: Helpful   |     | 301           | 75         | 70            | 99         | 244          | 57                    |
|  |     | 31%           | 32%        | 29%           | 31%        | 31%          | 35%                   |
| Net: Not helpful   |     | 195           | 53         | 63            | 51         | 167          | 27                    |
|  |     | 20%           | 23%        | 26%           | 16%        | 21%          | 17%                   |
| Net: Have/had symptoms of the menopause                      |     | 844           | 205        | 223           | 276        | 704          | 140                   |
|  |     | 88%           | 88%        | 91%           | 87%        | 88%          | 85%                   |
| Mean score   |     | 2.7           | 2.7        | 2.6           | 2.8        | 2.7          | 2.8                   |
| Standard deviation   |     | .96           | .98        | 1.00          | .90        | .96          | .97                   |
| Standard error   |     | .04           | .08        | .08           | .08        | .05          | .11                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

**Q3. Which of the following symptoms of the menopause have had the most impact on your life? Please select up to three symptoms that have had the most impact.**

Base: All who experienced the menopause and had symptoms of it

|  | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|  | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|  |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95%                                    |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total   | 845       | 449         | 396          | 416  | 429                            | 810                         | 252                  | 338                       | 845                  | -   | 423                      | 136                 |
| Weighted Total   | 844       | 447         | 397          | 415  | 430                            | 810                         | 251                  | 334                       | 844                  | -   | 419                      | 138                 |
|  | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | -   | 100%                     | 100%                |
| Hot flushes  | 515       | 250         | 265          | 250  | 265                            | 496                         | 154                  | 213                       | 515                  | -   | 237                      | 93                  |
|  | 61%       | 56%         | 67%          | 60%  | 62%                            | 61%                         | 61%                  | 64%                       | 61%                  | -   | 56%                      | 67%                 |
|  |           |             | a            |      |                                |                             |                      |                           |                      |   |                          | a                   |
| Night sweats   | 328       | 168         | 159          | 152  | 175                            | 317                         | 107                  | 130                       | 328                  | -   | 157                      | 57                  |
|  | 39%       | 38%         | 40%          | 37%  | 41%                            | 39%                         | 43%                  | 39%                       | 39%                  | -   | 37%                      | 41%                 |
| Difficulty sleeping  | 292       | 154         | 138          | 161  | 131                            | 277                         | 79                   | 120                       | 292                  | -   | 156                      | 36                  |
|  | 35%       | 34%         | 35%          | 39%  | 30%                            | 34%                         | 31%                  | 36%                       | 35%                  | -   | 37%                      | 26%                 |
|  |           |             | b            |      |                                |                             |                      |                           |                      |   |                          | b                   |
| Mood changes   | 166       | 98          | 67           | 73   | 93                             | 156                         | 54                   | 60                        | 166                  | -   | 118                      | 4                   |
|  | 20%       | 22%         | 17%          | 18%  | 22%                            | 19%                         | 21%                  | 18%                       | 20%                  | -   | 28%                      | 3%                  |
|  |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| Problems with memory and concentration                     | 153       | 86          | 67           | 75   | 78                             | 148                         | 42                   | 57                        | 153                  | -   | 101                      | 11                  |
|  | 18%       | 19%         | 17%          | 18%  | 18%                            | 18%                         | 17%                  | 17%                       | 18%                  | -   | 24%                      | 8%                  |
|  |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| Joint stiffness, aches and pains                           | 143       | 81          | 62           | 72   | 71                             | 137                         | 35                   | 58                        | 143                  | -   | 73                       | 16                  |
|  | 17%       | 18%         | 16%          | 17%  | 17%                            | 17%                         | 14%                  | 17%                       | 17%                  | -   | 17%                      | 12%                 |
| Anxiety  | 132       | 85          | 47           | 55   | 77                             | 123                         | 35                   | 44                        | 132                  | -   | 97                       | 4                   |
|  | 16%       | 19%         | 12%          | 13%  | 18%                            | 15%                         | 14%                  | 13%                       | 16%                  | -   | 23%                      | 3%                  |
|  |           | b           |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| A reduced sex drive  | 130       | 65          | 64           | 63   | 67                             | 124                         | 34                   | 57                        | 130                  | -   | 76                       | 15                  |
|  | 15%       | 15%         | 16%          | 15%  | 16%                            | 15%                         | 14%                  | 17%                       | 15%                  | -   | 18%                      | 11%                 |
|  |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| Vaginal dryness and pain, itching or discomfort during sex | 112       | 52          | 61           | 58   | 54                             | 111                         | 34                   | 46                        | 112                  | -   | 58                       | 16                  |
|  | 13%       | 12%         | 15%          | 14%  | 13%                            | 14%                         | 14%                  | 14%                       | 13%                  | -   | 14%                      | 11%                 |
| Headaches  | 57        | 38          | 20           | 36   | 21                             | 54                          | 18                   | 17                        | 57                   | -   | 27                       | 9                   |
|  | 7%        | 8%          | 5%           | 9%   | 5%                             | 7%                          | 7%                   | 5%                        | 7%                   | -   | 6%                       | 6%                  |
|  |           | b           |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Palpitations   | 50        | 26          | 24           | 25   | 26                             | 48                          | 18                   | 19                        | 50                   | -   | 23                       | 11                  |
|  | 6%        | 6%          | 6%           | 6%   | 6%                             | 6%                          | 7%                   | 6%                        | 6%                   | -   | 6%                       | 8%                  |
| Recurrent urinary tract infections (UTIs) such as cystitis | 40        | 18          | 22           | 16   | 24                             | 38                          | 9                    | 18                        | 40                   | -   | 20                       | 3                   |
|  | 5%        | 4%          | 6%           | 4%   | 6%                             | 5%                          | 4%                   | 5%                        | 5%                   | -   | 5%                       | 2%                  |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

**Q3. Which of the following symptoms of the menopause have had the most impact on your life? Please select up to three symptoms that have had the most impact.**

Base: All who experienced the menopause and had symptoms of it

|                         | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|-------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                         | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                         |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | *b  | a                        | b                   |
| Significance Level: 95% |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total        | 845       | 449         | 396          | 416  | 429                            | 810                         | 252                  | 338                       | 845                  | -   | 423                      | 136                 |
| Weighted Total          | 844       | 447         | 397          | 415  | 430                            | 810                         | 251                  | 334                       | 844                  | -   | 419                      | 138                 |
|                         | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | -   | 100%                     | 100%                |
| Reduced muscle mass     | 21        | 10          | 11           | 10   | 11                             | 20                          | 8                    | 10                        | 21                   | -   | 11                       | 7                   |
|                         | 2%        | 2%          | 3%           | 3%   | 2%                             | 2%                          | 3%                   | 3%                        | 2%                   | -   | 3%                       | 5%                  |
| Other                   | 46        | 28          | 18           | 21   | 25                             | 43                          | 13                   | 16                        | 46                   | -   | 20                       | 12                  |
|                         | 5%        | 6%          | 4%           | 5%   | 6%                             | 5%                          | 5%                   | 5%                        | 5%                   | -   | 5%                       | 9%                  |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q3. Which of the following symptoms of the menopause have had the most impact on your life? Please select up to three symptoms that have had the most impact.

Base: All who experienced the menopause and had symptoms of it

|  | Total | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|--|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|  |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|  |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95%                                    |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total   | 845   | 45         | 95         | 82                       | 71            | 81            | 88   | 106    | 80         | 70         | 44    | 71       | 12               |
| Weighted Total   | 844   | 42         | 92         | 71                       | 63            | 76            | 84   | 96     | 115        | 65         | 45    | 71       | 24               |
|  | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Hot flushes  | 515   | 22         | 63         | 39                       | 47            | 49            | 47   | 56     | 69         | 39         | 26    | 41       | 18               |
|  | 61%   | 51%        | 68%        | 55%                      | 75%           | 64%           | 56%  | 58%    | 60%        | 60%        | 57%   | 58%      | 75%              |
|  |       | a          |            |                          | acfgjk        |               |      |        |            |            |       |          |                  |
| Night sweats   | 328   | 19         | 42         | 31                       | 24            | 34            | 27   | 32     | 37         | 26         | 18    | 30       | 8                |
|  | 39%   | 44%        | 45%        | 44%                      | 38%           | 44%           | 32%  | 33%    | 33%        | 40%        | 41%   | 42%      | 33%              |
| Difficulty sleeping  | 292   | 15         | 27         | 29                       | 23            | 25            | 26   | 31     | 37         | 26         | 21    | 22       | 10               |
|  | 35%   | 36%        | 29%        | 40%                      | 37%           | 33%           | 31%  | 32%    | 33%        | 40%        | 45%   | 31%      | 42%              |
| Mood changes   | 166   | 8          | 21         | 10                       | 12            | 14            | 17   | 22     | 14         | 16         | 7     | 18       | 6                |
|  | 20%   | 18%        | 23%        | 15%                      | 20%           | 19%           | 20%  | 23%    | 13%        | 24%        | 16%   | 25%      | 25%              |
|  |       |            |            |                          |               |               |      |        |            |            |       | h        |                  |
| Problems with memory and concentration                     | 153   | 12         | 17         | 10                       | 11            | 12            | 18   | 18     | 16         | 9          | 10    | 13       | 6                |
|  | 18%   | 29%        | 19%        | 13%                      | 17%           | 16%           | 22%  | 19%    | 14%        | 14%        | 23%   | 18%      | 25%              |
|  |       | ch         |            |                          |               |               |      |        |            |            |       |          |                  |
| Joint stiffness, aches and pains                           | 143   | 7          | 14         | 13                       | 13            | 10            | 14   | 14     | 13         | 20         | 7     | 14       | 4                |
|  | 17%   | 16%        | 15%        | 18%                      | 21%           | 14%           | 17%  | 15%    | 11%        | 30%        | 16%   | 20%      | 17%              |
|  |       |            |            |                          |               |               |      |        |            | begh       |       |          |                  |
| Anxiety  | 132   | 8          | 14         | 13                       | 6             | 11            | 12   | 17     | 20         | 11         | 6     | 11       | 2                |
|  | 16%   | 18%        | 15%        | 18%                      | 10%           | 15%           | 15%  | 18%    | 18%        | 17%        | 14%   | 15%      | 8%               |
| A reduced sex drive  | 130   | 7          | 13         | 8                        | 10            | 17            | 15   | 8      | 20         | 9          | 5     | 16       | 2                |
|  | 15%   | 16%        | 14%        | 11%                      | 15%           | 22%           | 18%  | 8%     | 18%        | 14%        | 11%   | 23%      | 8%               |
|  |       |            |            |                          |               | g             | g    |        |            |            |       | g        |                  |
| Vaginal dryness and pain, itching or discomfort during sex | 112   | 9          | 10         | 9                        | 8             | 10            | 17   | 12     | 19         | 5          | 5     | 7        | 2                |
|  | 13%   | 22%        | 11%        | 12%                      | 13%           | 14%           | 20%  | 12%    | 16%        | 7%         | 11%   | 10%      | 8%               |
|  |       | i          |            |                          |               |               | i    |        |            |            |       |          |                  |
| Headaches  | 57    | 3          | 3          | 7                        | 3             | 5             | 7    | 7      | 9          | 4          | 4     | 5        | 2                |
|  | 7%    | 7%         | 3%         | 10%                      | 4%            | 6%            | 8%   | 8%     | 8%         | 6%         | 9%    | 7%       | 8%               |
| Palpitations   | 50    | 1          | 9          | 8                        | 3             | 2             | 8    | 7      | 6          | 4          | 1     | 1        | 2                |
|  | 6%    | 2%         | 9%         | 11%                      | 4%            | 2%            | 9%   | 8%     | 5%         | 6%         | 2%    | 1%       | 8%               |
|  |       |            | k          | ek                       |               |               | k    |        |            |            |       |          |                  |
| Recurrent urinary tract infections (UTIs) such as cystitis | 40    | 1          | 6          | 7                        | 1             | 2             | 5    | 4      | 7          | -          | 3     | 3        | 2                |
|  | 5%    | 2%         | 6%         | 10%                      | 1%            | 2%            | 6%   | 4%     | 6%         | -          | 7%    | 4%       | 8%               |
|  |       |            | i          | di                       |               |               | i    |        | i          |            | i     |          |                  |
| Reduced muscle mass  | 21    | -          | 4          | 3                        | 1             | 2             | 2    | 2      | -          | 1          | 4     | 3        | -                |
|  | 2%    | -          | 4%         | 4%                       | 1%            | 2%            | 2%   | 2%     | -          | 1%         | 9%    | 4%       | -                |
|  |       |            |            |                          |               |               |      |        |            |            | agh   |          |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

**Q3. Which of the following symptoms of the menopause have had the most impact on your life? Please select up to three symptoms that have had the most impact.**

Base: All who experienced the menopause and had symptoms of it

|                         | REGION |            |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|--------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         | Total  | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         | a      | b          | c          | d                        | e             | f             | g    | h      | i          | j          | k     | l        |                  |
| Significance Level: 95% |        |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total        | 845    | 45         | 95         | 82                       | 71            | 81            | 88   | 106    | 80         | 70         | 44    | 71       | 12               |
| Weighted Total          | 844    | 42         | 92         | 71                       | 63            | 76            | 84   | 96     | 115        | 65         | 45    | 71       | 24               |
|                         | 100%   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Other                   | 46     | 3          | 3          | 2                        | 3             | 3             | 4    | 11     | 10         | 1          | -     | 5        | 2                |
|                         | 5%     | 7%         | 3%         | 2%                       | 4%            | 4%            | 5%   | 11%    | 9%         | 1%         | -     | 7%       | 8%               |
|                         |        |            |            |                          |               |               | bcij |        | ij         |            |       |          |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

**Q3. Which of the following symptoms of the menopause have had the most impact on your life? Please select up to three symptoms that have had the most impact.**

Base: All who experienced the menopause and had symptoms of it

|  | REGION GROUPS |            |               |            |              |                       |
|--|---------------|------------|---------------|------------|--------------|-----------------------|
|  | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95%                                    |               | a          | b             | c          | d            | e                     |
| Unweighted Total   | 845           | 222        | 240           | 256        | 718          | 127                   |
| Weighted Total   | 844           | 205        | 223           | 276        | 704          | 140                   |
|  | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Hot flushes  | 515           | 123        | 143           | 164        | 430          | 84                    |
|  | 61%           | 60%        | 64%           | 59%        | 61%          | 60%                   |
| Night sweats   | 328           | 92         | 85            | 95         | 271          | 56                    |
|  | 39%           | 45%        | 38%           | 34%        | 39%          | 40%                   |
|  |               | c          |               |            |              |                       |
| Difficulty sleeping  | 292           | 71         | 74            | 94         | 239          | 52                    |
|  | 35%           | 34%        | 33%           | 34%        | 34%          | 37%                   |
| Mood changes   | 166           | 39         | 44            | 52         | 135          | 31                    |
|  | 20%           | 19%        | 20%           | 19%        | 19%          | 22%                   |
| Problems with memory and concentration                     | 153           | 39         | 41            | 43         | 123          | 29                    |
|  | 18%           | 19%        | 18%           | 16%        | 18%          | 21%                   |
| Joint stiffness, aches and pains                           | 143           | 33         | 38            | 47         | 118          | 25                    |
|  | 17%           | 16%        | 17%           | 17%        | 17%          | 18%                   |
| Anxiety  | 132           | 34         | 30            | 48         | 112          | 19                    |
|  | 16%           | 17%        | 13%           | 18%        | 16%          | 14%                   |
| A reduced sex drive  | 130           | 27         | 42            | 38         | 106          | 23                    |
|  | 15%           | 13%        | 19%           | 14%        | 15%          | 17%                   |
| Vaginal dryness and pain, itching or discomfort during sex | 112           | 28         | 35            | 35         | 98           | 14                    |
|  | 13%           | 14%        | 16%           | 13%        | 14%          | 10%                   |
| Headaches  | 57            | 13         | 14            | 20         | 46           | 11                    |
|  | 7%            | 6%         | 6%            | 7%         | 7%           | 8%                    |
| Palpitations   | 50            | 17         | 12            | 17         | 46           | 4                     |
|  | 6%            | 8%         | 5%            | 6%         | 7%           | 3%                    |
|  |               | e          |               |            |              |                       |
| Recurrent urinary tract infections (UTIs) such as cystitis | 40            | 14         | 8             | 11         | 32           | 8                     |
|  | 5%            | 7%         | 3%            | 4%         | 5%           | 6%                    |
| Reduced muscle mass  | 21            | 6          | 5             | 3          | 14           | 7                     |
|  | 2%            | 3%         | 2%            | 1%         | 2%           | 5%                    |
|  |               |            |               |            |              | cd                    |
| Other  | 46            | 7          | 9             | 22         | 39           | 7                     |
|  | 5%            | 4%         | 4%            | 8%         | 5%           | 5%                    |
|  |               |            |               | a          |              |                       |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q4. To what extent, if at all, is/was your mental health or mood affected by the menopause?

Base: All who have experienced the menopause

|                                 | Total | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|---------------------------------|-------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                                 |       | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|                                 |       | a           | b           | a            | b    | a                              | b                    | c                      | a                         | b           | a   | b                   |
| Significance Level: 95%         |       |             |             |              |      |                                |                      |                        |                           |             |   |                     |
| Unweighted Total                | 962   | 507         | 455         | 486          | 476  | 925                            | 282                  | 382                    | 845                       | 117         | 430   | 197                 |
| Weighted Total                  | 960   | 504         | 456         | 484          | 477  | 924                            | 281                  | 378                    | 844                       | 116         | 426   | 199                 |
|                                 | 100%  | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | 100%        | 100%  | 100%                |
| Severely affected               | (4)   | 84          | 35          | 33           | 51   | 74                             | 29                   | 22                     | 81                        | 3           | 84  | -                   |
|                                 |       | 9%          | 8%          | 7%           | 11%  | 8%                             | 10%                  | 6%                     | 10%                       | 2%          | 20%   | -                   |
|                                 |       |             |             |              | a    |                                | c                    |                        | b                         |             | b   |                     |
| Fairly affected                 | (3)   | 342         | 149         | 171          | 171  | 332                            | 103                  | 139                    | 339                       | 4           | 342   | -                   |
|                                 |       | 36%         | 33%         | 35%          | 36%  | 36%                            | 37%                  | 37%                    | 40%                       | 3%          | 80%   | -                   |
|                                 |       |             |             |              |      |                                |                      |                        | b                         |             | b   |                     |
| Not very affected               | (2)   | 255         | 132         | 125          | 131  | 251                            | 72                   | 112                    | 232                       | 23          | -   | -                   |
|                                 |       | 27%         | 29%         | 26%          | 27%  | 27%                            | 26%                  | 30%                    | 27%                       | 20%         | -   | -                   |
| Not at all affected             | (1)   | 199         | 101         | 111          | 87   | 195                            | 67                   | 73                     | 138                       | 60          | -   | 199                 |
|                                 |       | 21%         | 22%         | 23%          | 18%  | 21%                            | 24%                  | 19%                    | 16%                       | 52%         | -   | 100%                |
|                                 |       |             |             |              |      |                                |                      |                        | a                         |             | a   |                     |
| I don't know                    |       | 77          | 36          | 42           | 35   | 70                             | 9                    | 31                     | 53                        | 24          | -   | -                   |
|                                 |       | 8%          | 8%          | 9%           | 7%   | 8%                             | 3%                   | 8%                     | 6%                        | 21%         | -   | -                   |
|                                 |       |             |             |              |      | b                              |                      | b                      |                           | a           |   |                     |
| Prefer not to say               |       | 4           | 4           | 1            | 3    | 3                              | 1                    | 1                      | 2                         | 2           | -   | -                   |
|                                 |       | *           | 1%          | *            | 1%   | *                              | *                    | *                      | *                         | 2%          | -   | -                   |
|                                 |       |             | a           |              |      |                                |                      |                        | a                         |             |   |                     |
| <b>NETS</b>                     |       |             |             |              |      |                                |                      |                        |                           |             |   |                     |
| Net: Severely/ fairly affected  | 426   | 242         | 184         | 204          | 222  | 406                            | 132                  | 161                    | 419                       | 7           | 426   | -                   |
|                                 | 44%   | 48%         | 40%         | 42%          | 47%  | 44%                            | 47%                  | 43%                    | 50%                       | 6%          | 100%  | -                   |
|                                 |       | b           |             |              |      |                                |                      |                        | b                         |             | b   |                     |
| Net: At least slightly affected | 681   | 365         | 316         | 329          | 353  | 656                            | 204                  | 273                    | 651                       | 30          | 426   | -                   |
|                                 | 71%   | 72%         | 69%         | 68%          | 74%  | 71%                            | 73%                  | 72%                    | 77%                       | 26%         | 100%  | -                   |
|                                 |       |             |             |              | a    |                                |                      |                        | b                         |             | b   |                     |
| Mean score                      | 2.4   | 2.4         | 2.3         | 2.3          | 2.4  | 2.3                            | 2.3                  | 2.3                    | 2.5                       | 1.4         | 3.2   | 1.0                 |
|                                 |       | b           |             |              | a    |                                |                      |                        | b                         |             |   |                     |
| Standard deviation              | .93   | .94         | .93         | .93          | .93  | .92                            | .97                  | .88                    | .90                       | .73         | .40   | -                   |
| Standard error                  | .03   | .04         | .05         | .04          | .04  | .03                            | .06                  | .05                    | .03                       | .08         | .02   | -                   |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q4. To what extent, if at all, is/was your mental health or mood affected by the menopause?

Base: All who have experienced the menopause

|                                 | Total             | REGION           |                  |                          |                  |                   |                   |                   |                   |                   |                   |                   |                   |
|---------------------------------|-------------------|------------------|------------------|--------------------------|------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|                                 |                   | North East       | North West       | Yorkshire and the Humber | East Midlands    | West Midlands     | East              | London            | South East        | South West        | Wales             | Scotland          | Northern Ireland  |
|                                 |                   | a                | b                | c                        | d                | e                 | f                 | g                 | h                 | i                 | j                 | k                 | l                 |
| Significance Level: 95%         |                   |                  |                  |                          |                  |                   |                   |                   |                   |                   |                   |                   |                   |
| Unweighted Total                | 962               | 47               | 113              | 92                       | 80               | 87                | 97                | 116               | 90                | 90                | 49                | 88                | 13                |
| Weighted Total                  | 960               | 44               | 109              | 80                       | 71               | 82                | 92                | 105               | 130               | 84                | 50                | 88                | 26                |
|                                 | 100%              | 100%             | 100%             | 100%                     | 100%             | 100%              | 100%              | 100%              | 100%              | 100%              | 100%              | 100%              | 100%              |
| Severely affected               | (4)<br>84<br>9%   | 8<br>17%<br>dfhi | 12<br>11%<br>d   | 8<br>10%<br>bef          | 2<br>3%<br>bef   | 10<br>13%<br>d    | 5<br>5%<br>bef    | 16<br>16%<br>dfhi | 6<br>4%<br>dfhi   | 5<br>6%<br>dfhi   | 4<br>8%<br>dfhi   | 7<br>8%<br>dfhi   | 2<br>8%<br>dfhi   |
| Fairly affected                 | (3)<br>342<br>36% | 19<br>43%        | 38<br>35%        | 22<br>27%                | 29<br>41%        | 37<br>45%<br>cg   | 37<br>40%         | 32<br>30%         | 45<br>34%         | 32<br>38%         | 15<br>31%         | 30<br>34%         | 8<br>31%          |
| Not very affected               | (2)<br>255<br>27% | 8<br>19%         | 35<br>32%        | 20<br>25%                | 18<br>25%        | 18<br>22%         | 25<br>27%         | 26<br>25%         | 45<br>34%         | 19<br>22%         | 13<br>27%         | 23<br>26%         | 6<br>23%          |
| Not at all affected             | (1)<br>199<br>21% | 8<br>17%         | 19<br>18%        | 17<br>22%                | 15<br>21%        | 13<br>16%         | 20<br>22%         | 21<br>20%         | 25<br>19%         | 19<br>22%         | 14<br>29%         | 18<br>20%         | 10<br>38%         |
| I don't know                    | 77<br>8%          | 2<br>4%          | 6<br>5%          | 12<br>15%<br>bef         | 7<br>10%         | 4<br>5%           | 6<br>6%           | 9<br>9%           | 10<br>8%          | 9<br>11%          | 3<br>6%           | 9<br>10%          | -<br>-            |
| Prefer not to say               | 4<br>*            | -<br>-           | -<br>-           | 1<br>1%                  | -<br>-           | -<br>-            | -<br>-            | 1<br>1%           | -<br>-            | 1<br>1%           | -<br>-            | 1<br>1%           | -<br>-            |
| <b>NETS</b>                     |                   |                  |                  |                          |                  |                   |                   |                   |                   |                   |                   |                   |                   |
| Net: Severely/ fairly affected  | 426<br>44%        | 26<br>60%<br>chj | 49<br>45%<br>chj | 29<br>37%<br>chj         | 31<br>44%<br>chj | 47<br>57%<br>chjk | 42<br>45%<br>chjk | 48<br>46%<br>chjk | 50<br>39%<br>chjk | 36<br>43%<br>chjk | 20<br>39%<br>chjk | 37<br>42%<br>chjk | 10<br>38%<br>chjk |
| Net: At least slightly affected | 681<br>71%        | 35<br>79%<br>c   | 84<br>77%<br>c   | 49<br>62%<br>bef         | 49<br>69%<br>bef | 65<br>79%<br>ci   | 67<br>72%<br>ci   | 74<br>71%<br>ci   | 95<br>73%<br>ci   | 55<br>66%<br>ci   | 33<br>65%<br>ci   | 60<br>68%<br>ci   | 16<br>62%<br>ci   |
| Mean score                      | 2.4               | 2.6              | 2.4              | 2.3                      | 2.3              | 2.6               | 2.3               | 2.5               | 2.3               | 2.3               | 2.2               | 2.3               | 2.1               |
| Standard deviation              | .93               | .98              | .92              | .99                      | .86              | .93               | .89               | 1.02              | .84               | .93               | .98               | .94               | 1.02              |
| Standard error                  | .03               | .15              | .09              | .11                      | .10              | .10               | .09               | .10               | .09               | .10               | .14               | .11               | .28               |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### Q4. To what extent, if at all, is/was your mental health or mood affected by the menopause?

Base: All who have experienced the menopause

|                                 |     | REGION GROUPS |            |               |            |              |                       |
|---------------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                                 |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                                 |     |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%         |     |               |            |               |            |              |                       |
| Unweighted Total                |     | 962           | 252        | 264           | 296        | 812          | 150                   |
| Weighted Total                  |     | 960           | 233        | 245           | 318        | 796          | 164                   |
|                                 |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Severely affected               | (4) | 84            | 27         | 17            | 27         | 70           | 13                    |
|                                 |     | 9%            | 12%        | 7%            | 8%         | 9%           | 8%                    |
| Fairly affected                 | (3) | 342           | 78         | 103           | 108        | 289          | 53                    |
|                                 |     | 36%           | 34%        | 42%<br>ac     | 34%        | 36%          | 33%                   |
| Not very affected               | (2) | 255           | 63         | 60            | 89         | 213          | 42                    |
|                                 |     | 27%           | 27%        | 25%           | 28%        | 27%          | 26%                   |
| Not at all affected             | (1) | 199           | 44         | 48            | 64         | 156          | 42                    |
|                                 |     | 21%           | 19%        | 20%           | 20%        | 20%          | 26%                   |
| I don't know                    |     | 77            | 20         | 17            | 28         | 65           | 12                    |
|                                 |     | 8%            | 8%         | 7%            | 9%         | 8%           | 7%                    |
| Prefer not to say               |     | 4             | 1          | -             | 2          | 3            | 1                     |
|                                 |     | *             | *          | -             | 1%         | *            | 1%                    |
| <b>NETS</b>                     |     |               |            |               |            |              |                       |
| Net: Severely/ fairly affected  |     | 426           | 105        | 120           | 135        | 360          | 66                    |
|                                 |     | 44%           | 45%        | 49%           | 42%        | 45%          | 40%                   |
| Net: At least slightly affected |     | 681           | 168        | 180           | 224        | 573          | 109                   |
|                                 |     | 71%           | 72%        | 74%           | 70%        | 72%          | 66%                   |
| Mean score                      |     | 2.4           | 2.4        | 2.4           | 2.3        | 2.4          | 2.2                   |
| Standard deviation              |     | .93           | .96        | .90           | .93        | .93          | .96                   |
| Standard error                  |     | .03           | .06        | .06           | .06        | .03          | .08                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q5. To what extent, if at all, is/was your ability to do your job affected by the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | AGE GROUP  |             | SOCIAL GRADE |                 | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--|------------|-------------|--------------|-----------------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|  | Total      | 50-55 years | 56-60 years  | ABC1            | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|  | a          | b           | a            | b               | a                              | b                           | c                    | a                         | *b                   | a   | b                        |                     |
| Significance Level: 95%  |            |             |              |                 |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total   | 845        | 449         | 396          | 416             | 429                            | 810                         | 252                  | 338                       | 845                  | -   | 423                      | 136                 |
| Weighted Total   | 844        | 447         | 397          | 415             | 430                            | 810                         | 251                  | 334                       | 844                  | -   | 419                      | 138                 |
|  | 100%       | 100%        | 100%         | 100%            | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | -   | 100%                     | 100%                |
| I have been severely affected to the extent I have had to leave my job | 17<br>2%   | 12<br>3%    | 5<br>1%      | 8<br>2%         | 9<br>2%                        | 15<br>2%                    | 2<br>1%              | 7<br>2%                   | 17<br>2%             | -   | 17<br>4%<br>b            | -                   |
| I have been severely affected in my job                                | 27<br>3%   | 14<br>3%    | 12<br>3%     | 15<br>4%        | 11<br>3%                       | 25<br>3%                    | 8<br>3%              | 8<br>2%                   | 27<br>3%             | -   | 23<br>5%<br>b            | -                   |
| I have been moderately affected in my job                              | 100<br>12% | 49<br>11%   | 52<br>13%    | 58<br>14%       | 42<br>10%                      | 93<br>12%                   | 29<br>11%            | 45<br>14%                 | 100<br>12%           | -   | 70<br>17%<br>b           | 4<br>3%             |
| I have been slightly affected in my job                                | 158<br>19% | 89<br>20%   | 70<br>17%    | 92<br>22%<br>b  | 67<br>16%                      | 155<br>19%                  | 44<br>17%            | 62<br>18%                 | 158<br>19%           | -   | 87<br>21%<br>b           | 12<br>9%            |
| I have not been affected in my job                                     | 283<br>34% | 147<br>33%  | 136<br>34%   | 183<br>44%<br>b | 101<br>23%                     | 276<br>34%                  | 92<br>37%            | 122<br>36%                | 283<br>34%           | -   | 89<br>21%<br>a           | 80<br>58%<br>a      |
| I do not/ did not work when I experienced the menopause                | 258<br>31% | 136<br>30%  | 123<br>31%   | 58<br>14%       | 200<br>47%<br>a                | 246<br>30%                  | 76<br>30%            | 90<br>27%                 | 258<br>31%           | -   | 133<br>32%               | 42<br>30%           |
| <b>NETS</b>  |            |             |              |                 |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Severely affected   | 43<br>5%   | 27<br>6%    | 17<br>4%     | 24<br>6%        | 20<br>5%                       | 40<br>5%                    | 10<br>4%             | 15<br>5%                  | 43<br>5%             | -   | 40<br>9%<br>b            | -                   |
| Net: At least slightly affected  | 302<br>36% | 164<br>37%  | 138<br>35%   | 174<br>42%<br>b | 129<br>30%                     | 288<br>36%                  | 83<br>33%            | 122<br>37%                | 302<br>36%           | -   | 197<br>47%<br>b          | 16<br>12%           |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q5. To what extent, if at all, is/was your ability to do your job affected by the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | Total      | REGION     |            |                          |               |               |           |           |            |            |           |           |                  |
|--|------------|------------|------------|--------------------------|---------------|---------------|-----------|-----------|------------|------------|-----------|-----------|------------------|
|  |            | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East      | London    | South East | South West | Wales     | Scotland  | Northern Ireland |
|  |            | a          | b          | c                        | d             | e             | f         | g         | h          | i          | j         | k         | l                |
| Significance Level: 95%  |            |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Unweighted Total   | 845        | 45         | 95         | 82                       | 71            | 81            | 88        | 106       | 80         | 70         | 44        | 71        | 12               |
| Weighted Total   | 844        | 42         | 92         | 71                       | 63            | 76            | 84        | 96        | 115        | 65         | 45        | 71        | 24               |
|  | 100%       | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%      | 100%      | 100%       | 100%       | 100%      | 100%      | 100%             |
| I have been severely affected to the extent I have had to leave my job | 17<br>2%   | -<br>-     | 2<br>2%    | 3<br>4%                  | 1<br>1%       | 2<br>2%       | 4<br>5%   | 3<br>3%   | -<br>-     | 1<br>1%    | 1<br>2%   | 1<br>1%   | -<br>-           |
| I have been severely affected in my job                                | 27<br>3%   | 2<br>4%    | 3<br>3%    | 3<br>5%                  | 1<br>1%       | 3<br>4%       | -<br>-    | 6<br>7%   | 1<br>1%    | 1<br>1%    | 2<br>5%   | 4<br>6%   | -<br>-           |
|  |            | f          | f          | f                        |               |               | f         | f         |            |            | f         | f         |                  |
| I have been moderately affected in my job                              | 100<br>12% | 5<br>11%   | 9<br>9%    | 13<br>18%                | 8<br>13%      | 8<br>11%      | 7<br>8%   | 9<br>9%   | 16<br>14%  | 3<br>4%    | 10<br>23% | 7<br>10%  | 6<br>25%         |
|  |            |            |            | fi                       |               |               |           |           | i          |            | bfgi      |           |                  |
| I have been slightly affected in my job                                | 158<br>19% | 9<br>22%   | 15<br>17%  | 3<br>5%                  | 12<br>20%     | 10<br>14%     | 22<br>26% | 21<br>22% | 17<br>15%  | 22<br>34%  | 6<br>14%  | 13<br>18% | 6<br>25%         |
|  |            | c          | c          |                          | c             |               | ce        | c         | c          | bcehjk     |           | c         |                  |
| I have not been affected in my job                                     | 283<br>34% | 9<br>22%   | 25<br>27%  | 29<br>41%                | 19<br>30%     | 28<br>37%     | 23<br>27% | 38<br>40% | 53<br>46%  | 25<br>39%  | 13<br>30% | 18<br>25% | 2<br>8%          |
|  |            |            |            | abk                      |               |               | a         | abdfk     |            |            |           |           |                  |
| I do not/ did not work when I experienced the menopause                | 258<br>31% | 17<br>40%  | 38<br>41%  | 19<br>27%                | 22<br>35%     | 24<br>32%     | 29<br>34% | 19<br>20% | 27<br>24%  | 13<br>20%  | 12<br>27% | 28<br>39% | 10<br>42%        |
|  |            | gi         | cghi       |                          | gi            |               | g         |           |            |            |           | ghi       |                  |
| <b>NETS</b>  |            |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Net: Severely affected   | 43<br>5%   | 2<br>4%    | 5<br>5%    | 6<br>9%                  | 2<br>3%       | 5<br>6%       | 4<br>5%   | 9<br>9%   | 1<br>1%    | 2<br>3%    | 3<br>7%   | 5<br>7%   | -<br>-           |
|  |            |            |            | h                        |               |               | h         | h         |            |            |           |           |                  |
| Net: At least slightly affected  | 302<br>36% | 16<br>38%  | 29<br>32%  | 23<br>32%                | 22<br>35%     | 24<br>31%     | 32<br>39% | 39<br>41% | 35<br>30%  | 27<br>41%  | 20<br>43% | 25<br>35% | 12<br>50%        |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q5. To what extent, if at all, is/was your ability to do your job affected by the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | REGION GROUPS |            |               |            |              |                       |
|--|---------------|------------|---------------|------------|--------------|-----------------------|
|  | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95%  |               | a          | b             | c          | d            | e                     |
| Unweighted Total   | 845           | 222        | 240           | 256        | 718          | 127                   |
| Weighted Total   | 844           | 205        | 223           | 276        | 704          | 140                   |
|  | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| I have been severely affected to the extent I have had to leave my job | 17<br>2%      | 5<br>2%    | 7<br>3%       | 4<br>1%    | 15<br>2%     | 2<br>1%               |
| I have been severely affected in my job                                | 27<br>3%      | 8<br>4%    | 4<br>2%       | 9<br>3%    | 21<br>3%     | 6<br>4%               |
| I have been moderately affected in my job                              | 100<br>12%    | 26<br>13%  | 23<br>10%     | 28<br>10%  | 77<br>11%    | 23<br>17%             |
| I have been slightly affected in my job                                | 158<br>19%    | 28<br>14%  | 45<br>20%     | 60<br>22%  | 133<br>19%   | 25<br>18%             |
| I have not been affected in my job                                     | 283<br>34%    | 64<br>31%  | 70<br>31%     | 116<br>42% | 250<br>36%   | 33<br>24%             |
| I do not/ did not work when I experienced the menopause                | 258<br>31%    | 74<br>36%  | 75<br>34%     | 59<br>22%  | 208<br>30%   | 50<br>36%             |
|  |               | c          | c             |            | c            | c                     |
| <b>NETS</b>  |               |            |               |            |              |                       |
| Net: Severely affected   | 43<br>5%      | 13<br>6%   | 10<br>5%      | 12<br>4%   | 35<br>5%     | 8<br>6%               |
| Net: At least slightly affected  | 302<br>36%    | 68<br>33%  | 78<br>35%     | 100<br>36% | 246<br>35%   | 56<br>40%             |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q6. How supportive is/was your employer in helping you cope with the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it and worked during experiencing the menopause

|  | Total  | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--|--------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|  |        | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|  |        | a           | b           | a            | b    | a                              | b                    | c                      | a                         | *b          | a   | b                   |
| Significance Level: 95%  |        |             |             |              |      |                                |                      |                        |                           |             |   |                     |
| Unweighted Total   | 586    | 313         | 273         | 356          | 230  | 563                            | 175                  | 246                    | 586                       | -           | 289   | 96                  |
| Weighted Total   | 586    | 311         | 274         | 356          | 229  | 563                            | 175                  | 244                    | 586                       | -           | 286   | 96                  |
|  | 100%   | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very supportive  | (4) 43 | 27          | 16          | 33           | 10   | 43                             | 19                   | 18                     | 43                        | -           | 26  | 8                   |
|  | 7%     | 9%          | 6%          | 9%           | 4%   | 8%                             | 11%                  | 7%                     | 7%                        | -           | 9%  | 8%                  |
|  |        |             |             | b            |      |                                |                      |                        |                           |             |   |                     |
| Fairly supportive  | (3) 43 | 26          | 16          | 21           | 22   | 42                             | 11                   | 24                     | 43                        | -           | 27  | 4                   |
|  | 7%     | 9%          | 6%          | 6%           | 9%   | 7%                             | 6%                   | 10%                    | 7%                        | -           | 9%  | 4%                  |
| Not very supportive  | (2) 46 | 27          | 19          | 24           | 23   | 45                             | 19                   | 17                     | 46                        | -           | 32  | 4                   |
|  | 8%     | 9%          | 7%          | 7%           | 10%  | 8%                             | 11%                  | 7%                     | 8%                        | -           | 11%   | 4%                  |
|  |        |             |             |              |      |                                |                      |                        |                           |             | b   |                     |
| Not at all supportive  | (1) 47 | 20          | 27          | 21           | 26   | 41                             | 10                   | 20                     | 47                        | -           | 31  | -                   |
|  | 8%     | 6%          | 10%         | 6%           | 11%  | 7%                             | 6%                   | 8%                     | 8%                        | -           | 11%   | -                   |
|  |        |             |             |              | a    |                                |                      |                        |                           |             | b   |                     |
| I did not make my employer aware that I was experiencing the symptoms of the menopause | 407    | 211         | 197         | 258          | 149  | 392                            | 115                  | 166                    | 407                       | -           | 171   | 81                  |
|  | 70%    | 68%         | 72%         | 73%          | 65%  | 70%                            | 66%                  | 68%                    | 70%                       | -           | 60%   | 84%                 |
|  |        |             |             | b            |      |                                |                      |                        |                           |             |   | a                   |
| <b>NETS</b>  |        |             |             |              |      |                                |                      |                        |                           |             |   |                     |
| Net: Supportive  | 85     | 54          | 32          | 54           | 32   | 85                             | 30                   | 42                     | 85                        | -           | 53  | 12                  |
|  | 15%    | 17%         | 12%         | 15%          | 14%  | 15%                            | 17%                  | 17%                    | 15%                       | -           | 18%   | 12%                 |
| Net: Not supportive  | 93     | 47          | 46          | 44           | 49   | 87                             | 30                   | 37                     | 93                        | -           | 62  | 4                   |
|  | 16%    | 15%         | 17%         | 12%          | 21%  | 15%                            | 17%                  | 15%                    | 16%                       | -           | 22%   | 4%                  |
|  |        |             |             |              | a    |                                |                      |                        |                           |             | b   |                     |
| Mean score   | 2.5    | 2.6         | 2.3         | 2.7          | 2.2  | 2.5                            | 2.6                  | 2.5                    | 2.5                       | -           | 2.4   | 3.3                 |
|  |        | b           |             | b            |      |                                |                      |                        |                           |             |   |                     |
| Standard deviation   | 1.12   | 1.09        | 1.15        | 1.15         | 1.04 | 1.11                           | 1.11                 | 1.11                   | 1.12                      | -           | 1.11  | .86                 |
| Standard error   | .08    | .11         | .13         | .12          | .12  | .09                            | .15                  | .12                    | .08                       | -           | .10   | .21                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q6. How supportive is/was your employer in helping you cope with the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it and worked during experiencing the menopause

|  |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|--|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|  |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
|  |     | Total      | *a         | b                        | c             | d             | e    | f      | g          | h          | i     | j        | k                | l    |
| Significance Level: 95%  |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Unweighted Total   |     | 586        | 27         | 56                       | 60            | 46            | 55   | 58     | 85         | 61         | 56    | 32       | 43               | 7    |
| Weighted Total   |     | 586        | 25         | 54                       | 52            | 41            | 52   | 55     | 77         | 88         | 52    | 33       | 43               | 14   |
|  |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Very supportive  | (4) | 43         | 1          | 3                        | 3             | 1             | 3    | 6      | 7          | 4          | 6     | 2        | 5                | 2    |
|  |     | 7%         | 4%         | 5%                       | 7%            | 2%            | 5%   | 10%    | 9%         | 5%         | 11%   | 6%       | 12%              | 14%  |
| Fairly supportive  | (3) | 43         | 2          | 4                        | 7             | 4             | 3    | 2      | 5          | 7          | 1     | 2        | 4                | 2    |
|  |     | 7%         | 7%         | 7%                       | 13%           | 11%           | 5%   | 3%     | 6%         | 8%         | 2%    | 6%       | 9%               | 14%  |
|  |     |            |            |                          | i             |               |      |        |            |            |       |          |                  |      |
| Not very supportive  | (2) | 46         | 3          | 6                        | 4             | 4             | 6    | 3      | 4          | 9          | 2     | 4        | 3                | -    |
|  |     | 8%         | 11%        | 11%                      | 8%            | 9%            | 11%  | 5%     | 5%         | 10%        | 4%    | 13%      | 7%               | -    |
| Not at all supportive  | (1) | 47         | 1          | 7                        | 2             | 4             | 6    | 4      | 5          | 1          | 7     | 6        | 3                | 2    |
|  |     | 8%         | 4%         | 13%                      | 3%            | 9%            | 11%  | 7%     | 7%         | 2%         | 13%   | 19%      | 7%               | 14%  |
|  |     |            |            | h                        |               |               | h    |        |            |            | h     | ch       |                  |      |
| I did not make my employer aware that I was experiencing the symptoms of the menopause |     | 407        | 19         | 35                       | 36            | 28            | 35   | 41     | 56         | 66         | 37    | 18       | 28               | 8    |
|  |     | 70%        | 74%        | 64%                      | 68%           | 70%           | 67%  | 74%    | 73%        | 75%        | 71%   | 56%      | 65%              | 57%  |
| <b>NETS</b>  |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Net: Supportive  |     | 85         | 3          | 7                        | 10            | 5             | 6    | 8      | 12         | 12         | 7     | 4        | 9                | 4    |
|  |     | 15%        | 11%        | 13%                      | 20%           | 13%           | 11%  | 14%    | 15%        | 13%        | 13%   | 13%      | 21%              | 29%  |
| Net: Not supportive  |     | 93         | 4          | 13                       | 6             | 7             | 11   | 7      | 9          | 10         | 8     | 10       | 6                | 2    |
|  |     | 16%        | 15%        | 23%                      | 12%           | 17%           | 22%  | 12%    | 12%        | 11%        | 16%   | 31%      | 14%              | 14%  |
|  |     |            |            |                          |               |               |      |        |            |            |       | cfgh     |                  |      |
| Mean score   |     | 2.5        | 2.4        | 2.2                      | 2.7           | 2.2           | 2.2  | 2.7    | 2.7        | 2.7        | 2.4   | 2.0      | 2.7              | 2.7  |
| Standard deviation   |     | 1.12       | .98        | 1.09                     | .94           | .98           | 1.10 | 1.29   | 1.23       | .89        | 1.41  | 1.11     | 1.16             | 1.37 |
| Standard error   |     | .08        | .37        | .24                      | .22           | .26           | .26  | .33    | .26        | .23        | .35   | .30      | .30              | .79  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q6. How supportive is/was your employer in helping you cope with the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it and worked during experiencing the menopause

|  |     | REGION GROUPS |            |               |            |              |                       |
|--|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|  |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|  |     |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%  |     |               |            |               |            |              |                       |
| Unweighted Total   |     | 586           | 143        | 159           | 202        | 504          | 82                    |
| Weighted Total   |     | 586           | 131        | 148           | 217        | 496          | 90                    |
|  |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very supportive  | (4) | 43            | 7          | 9             | 17         | 34           | 9                     |
|  |     | 7%            | 6%         | 6%            | 8%         | 7%           | 10%                   |
| Fairly supportive  | (3) | 43            | 13         | 9             | 13         | 35           | 8                     |
|  |     | 7%            | 10%        | 6%            | 6%         | 7%           | 9%                    |
| Not very supportive  | (2) | 46            | 13         | 12            | 14         | 39           | 7                     |
|  |     | 8%            | 10%        | 8%            | 7%         | 8%           | 8%                    |
| Not at all supportive  | (1) | 47            | 9          | 13            | 13         | 36           | 11                    |
|  |     | 8%            | 7%         | 9%            | 6%         | 7%           | 12%                   |
| I did not make my employer aware that I was experiencing the symptoms of the menopause |     | 407           | 89         | 104           | 159        | 353          | 54                    |
|  |     | 70%           | 68%        | 70%           | 74%        | 71%          | 61%                   |
|  |     |               |            |               | e          |              |                       |
| <b>NETS</b>  |     |               |            |               |            |              |                       |
| Net: Supportive  |     | 85            | 20         | 19            | 30         | 68           | 17                    |
|  |     | 15%           | 15%        | 13%           | 14%        | 14%          | 19%                   |
| Net: Not supportive  |     | 93            | 22         | 25            | 27         | 75           | 18                    |
|  |     | 16%           | 17%        | 17%           | 13%        | 15%          | 20%                   |
| Mean score   |     | 2.5           | 2.4        | 2.3           | 2.6        | 2.5          | 2.4                   |
| Standard deviation   |     | 1.12          | 1.03       | 1.13          | 1.15       | 1.11         | 1.19                  |
| Standard error   |     | .08           | .15        | .17           | .16        | .09          | .21                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | Total      | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--|------------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|  |            | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95%  |            | a           | b           | a            | b         | a                              | b                    | c                      | a                         | *b          | a   | b                   |
| Unweighted Total   | 845        | 449         | 396         | 416          | 429       | 810                            | 252                  | 338                    | 845                       | -           | 423   | 136                 |
| Weighted Total   | 844        | 447         | 397         | 415          | 430       | 810                            | 251                  | 334                    | 844                       | -           | 419   | 138                 |
|  | 100%       | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)                  | 208<br>25% | 111<br>25%  | 97<br>25%   | 115<br>28%   | 94<br>22% | 201<br>25%                     | 53<br>21%            | 87<br>26%              | 208<br>25%                | -           | 128<br>30%                                    | 17<br>12%           |
| Lifestyle changes (e.g. diet, exercise)  | 178<br>21% | 105<br>24%  | 73<br>18%   | 102<br>25%   | 76<br>18% | 172<br>21%                     | 56<br>22%            | 73<br>22%              | 178<br>21%                | -           | 111<br>27%                                    | 13<br>10%           |
| Alternative and complementary treatments such as herbal remedies and 'natural' hormones  | 167<br>20% | 89<br>20%   | 78<br>20%   | 89<br>21%    | 78<br>18% | 160<br>20%                     | 49<br>19%            | 66<br>20%              | 167<br>20%                | -           | 112<br>27%                                    | 12<br>9%            |
| Hormone Replacement Therapy (HRT)  | 162<br>19% | 82<br>18%   | 80<br>20%   | 76<br>18%    | 87<br>20% | 152<br>19%                     | 48<br>19%            | 68<br>20%              | 162<br>19%                | -           | 107<br>26%                                    | 19<br>14%           |
| Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)                                 | 96<br>11%  | 56<br>12%   | 41<br>10%   | 40<br>10%    | 56<br>13% | 93<br>11%                      | 25<br>10%            | 46<br>14%              | 96<br>11%                 | -           | 76<br>18%                                     | 4<br>3%             |
| A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness | 69<br>8%   | 35<br>8%    | 34<br>8%    | 40<br>10%    | 29<br>7%  | 68<br>8%                       | 20<br>8%             | 29<br>9%               | 69<br>8%                  | -           | 46<br>11%                                     | 6<br>5%             |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b



## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|   | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|---|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|   | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|   | a         | b           | a            | b    | a                              | b                           | c                    | a                         | *b                   | a   | b                        |                     |
| Significance Level: 95%   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total  | 845       | 449         | 396          | 416  | 429                            | 810                         | 252                  | 338                       | 845                  | -   | 423                      | 136                 |
| Weighted Total  | 844       | 447         | 397          | 415  | 430                            | 810                         | 251                  | 334                       | 844                  | -   | 419                      | 138                 |
|   | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | -   | 100%                     | 100%                |
| Cognitive Behavioural Therapy (CBT)   | 17        | 10          | 7            | 6    | 11                             | 15                          | 5                    | 6                         | 17                   | -   | 16                       | -                   |
|   | 2%        | 2%          | 2%           | 1%   | 3%                             | 2%                          | 2%                   | 2%                        | 2%                   | -   | 4%                       | -                   |
|   |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| A testosterone supplement   | 7         | 3           | 4            | 5    | 2                              | 5                           | -                    | 3                         | 7                    | -   | 5                        | -                   |
|   | 1%        | 1%          | 1%           | 1%   | *                              | 1%                          | -                    | 1%                        | 1%                   | -   | 1%                       | -                   |
| Another treatment   | 15        | 7           | 8            | 4    | 10                             | 13                          | 4                    | 7                         | 15                   | -   | 8                        | 2                   |
|   | 2%        | 1%          | 2%           | 1%   | 2%                             | 2%                          | 1%                   | 2%                        | 2%                   | -   | 2%                       | 1%                  |
| I have not tried any treatments to help alleviate the symptoms of menopause | 308       | 161         | 147          | 150  | 158                            | 297                         | 94                   | 118                       | 308                  | -   | 93                       | 86                  |
|   | 37%       | 36%         | 37%          | 36%  | 37%                            | 37%                         | 38%                  | 36%                       | 37%                  | -   | 22%                      | 62%                 |
|   |           |             |              |      |                                |                             |                      |                           |                      |   | a                        |                     |
| <b>NETS</b>   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Any treatment  | 536       | 286         | 250          | 265  | 271                            | 513                         | 157                  | 215                       | 536                  | -   | 326                      | 52                  |
|   | 63%       | 64%         | 63%          | 64%  | 63%                            | 63%                         | 62%                  | 64%                       | 63%                  | -   | 78%                      | 38%                 |
|   |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| Net: Medical changes  | 273       | 142         | 130          | 129  | 143                            | 258                         | 76                   | 117                       | 273                  | -   | 188                      | 25                  |
|   | 32%       | 32%         | 33%          | 31%  | 33%                            | 32%                         | 30%                  | 35%                       | 32%                  | -   | 45%                      | 18%                 |
|   |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |
| Net: Non-medical changes  | 307       | 173         | 135          | 169  | 138                            | 298                         | 85                   | 127                       | 307                  | -   | 186                      | 25                  |
|   | 36%       | 39%         | 34%          | 41%  | 32%                            | 37%                         | 34%                  | 38%                       | 36%                  | -   | 44%                      | 18%                 |
|   |           |             |              |      |                                |                             |                      |                           |                      |   | b                        |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | Total      | REGION            |            |                          |               |                  |                  |                 |                 |                 |                 |           |                  |
|--|------------|-------------------|------------|--------------------------|---------------|------------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------|------------------|
|  |            | North East        | North West | Yorkshire and the Humber | East Midlands | West Midlands    | East             | London          | South East      | South West      | Wales           | Scotland  | Northern Ireland |
|  |            | a                 | b          | c                        | d             | e                | f                | g               | h               | i               | j               | k         | l                |
| Significance Level: 95%  |            |                   |            |                          |               |                  |                  |                 |                 |                 |                 |           |                  |
| Unweighted Total   | 845        | 45                | 95         | 82                       | 71            | 81               | 88               | 106             | 80              | 70              | 44              | 71        | 12               |
| Weighted Total   | 844        | 42                | 92         | 71                       | 63            | 76               | 84               | 96              | 115             | 65              | 45              | 71        | 24               |
|  | 100%       | 100%              | 100%       | 100%                     | 100%          | 100%             | 100%             | 100%            | 100%            | 100%            | 100%            | 100%      | 100%             |
| Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)                  | 208<br>25% | 15<br>36%<br>bh   | 16<br>18%  | 18<br>26%                | 17<br>27%     | 16<br>21%        | 21<br>25%        | 22<br>23%       | 22<br>19%       | 21<br>33%<br>bh | 15<br>34%<br>b  | 21<br>30% | 4<br>17%         |
| Lifestyle changes (e.g. diet, exercise)  | 178<br>21% | 8<br>18%          | 18<br>20%  | 15<br>21%                | 10<br>15%     | 21<br>27%        | 19<br>23%        | 23<br>24%       | 20<br>18%       | 15<br>23%       | 7<br>16%        | 19<br>27% | 4<br>17%         |
| Alternative and complementary treatments such as herbal remedies and 'natural' hormones  | 167<br>20% | 11<br>27%         | 21<br>23%  | 10<br>13%                | 12<br>20%     | 15<br>20%        | 16<br>19%        | 23<br>24%       | 20<br>18%       | 15<br>23%       | 10<br>23%       | 11<br>15% | 2<br>8%          |
| Hormone Replacement Therapy (HRT)  | 162<br>19% | 8<br>20%          | 22<br>24%  | 11<br>16%                | 10<br>15%     | 14<br>19%        | 19<br>23%        | 14<br>15%       | 23<br>20%       | 14<br>21%       | 8<br>18%        | 14<br>20% | 4<br>17%         |
| Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)                                 | 96<br>11%  | 6<br>13%          | 12<br>13%  | 9<br>12%                 | 4<br>6%       | 7<br>9%          | 15<br>18%<br>dgh | 7<br>8%         | 7<br>6%         | 6<br>9%         | 9<br>20%<br>dgh | 10<br>14% | 6<br>25%         |
| A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness | 69<br>8%   | 8<br>18%<br>bdijk | 6<br>6%    | 8<br>11%<br>ij           | 4<br>6%       | 10<br>14%<br>ijk | 10<br>11%<br>ijk | 10<br>10%<br>ij | 12<br>10%<br>ij | 1<br>1%         | -<br>-          | 2<br>3%   | -<br>-           |
| Cognitive Behavioural Therapy (CBT)  | 17<br>2%   | 1<br>2%           | 2<br>2%    | 2<br>2%                  | -<br>-        | 1<br>1%          | 2<br>2%          | 5<br>5%         | 3<br>3%         | -<br>-          | 1<br>2%         | 1<br>1%   | -<br>-           |
| A testosterone supplement  | 7<br>1%    | 1<br>2%           | 1<br>1%    | -<br>-                   | 1<br>1%       | -<br>-           | -<br>-           | -<br>-          | -<br>-          | -<br>-          | 2<br>5%<br>fg   | 2<br>3%   | -<br>-           |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|   | Total | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|---|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|   |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|   |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95%   |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total  | 845   | 45         | 95         | 82                       | 71            | 81            | 88   | 106    | 80         | 70         | 44    | 71       | 12               |
| Weighted Total  | 844   | 42         | 92         | 71                       | 63            | 76            | 84   | 96     | 115        | 65         | 45    | 71       | 24               |
|   | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Another treatment   | 15    | -          | 1          | 2                        | 2             | 2             | 3    | 2      | -          | 1          | -     | 1        | 2                |
|   | 2%    | -          | 1%         | 2%                       | 3%            | 2%            | 3%   | 2%     | -          | 1%         | -     | 1%       | 8%               |
| I have not tried any treatments to help alleviate the symptoms of menopause | 308   | 13         | 27         | 30                       | 22            | 24            | 25   | 36     | 50         | 23         | 20    | 27       | 10               |
|   | 37%   | 31%        | 29%        | 43%                      | 35%           | 32%           | 30%  | 38%    | 44%        | 36%        | 43%   | 38%      | 42%              |
| <b>NETS</b>   |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Net: Any treatment  | 536   | 29         | 65         | 41                       | 41            | 52            | 59   | 60     | 65         | 42         | 26    | 44       | 14               |
|   | 63%   | 69%        | 71%        | 57%                      | 65%           | 68%           | 70%  | 62%    | 56%        | 64%        | 57%   | 62%      | 58%              |
| Net: Medical changes  | 273   | 20         | 31         | 23                       | 14            | 23            | 36   | 28     | 37         | 17         | 15    | 20       | 8                |
|   | 32%   | 47%        | 34%        | 33%                      | 23%           | 30%           | 43%  | 29%    | 33%        | 26%        | 34%   | 28%      | 33%              |
|   |       | dgik       |            |                          |               |               | dgi  |        |            |            |       |          |                  |
| Net: Non-medical changes  | 307   | 20         | 29         | 25                       | 23            | 29            | 32   | 34     | 30         | 29         | 17    | 32       | 6                |
|   | 36%   | 47%        | 32%        | 35%                      | 37%           | 38%           | 39%  | 36%    | 26%        | 44%        | 39%   | 45%      | 25%              |
|   |       | h          |            |                          |               |               |      |        | h          |            |       | h        |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|  | REGION GROUPS |            |               |            |              |                       |
|--|---------------|------------|---------------|------------|--------------|-----------------------|
|  | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95%  |               | a          | b             | c          | d            | e                     |
| Unweighted Total   | 845           | 222        | 240           | 256        | 718          | 127                   |
| Weighted Total   | 844           | 205        | 223           | 276        | 704          | 140                   |
|  | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)                  | 208<br>25%    | 50<br>24%  | 54<br>24%     | 65<br>23%  | 168<br>24%   | 40<br>29%             |
| Lifestyle changes (e.g. diet, exercise)  | 178<br>21%    | 41<br>20%  | 49<br>22%     | 58<br>21%  | 148<br>21%   | 30<br>22%             |
| Alternative and complementary treatments such as herbal remedies and 'natural' hormones  | 167<br>20%    | 42<br>21%  | 44<br>20%     | 58<br>21%  | 143<br>20%   | 23<br>17%             |
| Hormone Replacement Therapy (HRT)  | 162<br>19%    | 42<br>20%  | 43<br>19%     | 51<br>19%  | 136<br>19%   | 26<br>19%             |
| Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)                                 | 96<br>11%     | 26<br>13%  | 25<br>11%     | 20<br>7%   | 71<br>10%    | 25<br>18%             |
|  |               | c          |               |            |              | cd                    |
| A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness | 69<br>8%      | 21<br>10%  | 23<br>10%     | 22<br>8%   | 67<br>10%    | 2<br>1%               |
|  |               | e          | e             | e          | e            |                       |
| Cognitive Behavioural Therapy (CBT)  | 17<br>2%      | 5<br>2%    | 3<br>1%       | 7<br>3%    | 15<br>2%     | 2<br>1%               |
| A testosterone supplement  | 7<br>1%       | 2<br>1%    | 1<br>*        | -<br>-     | 3<br>*       | 4<br>3%               |
|  |               |            |               |            |              | bcd                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q7. Have you tried any of the below treatments to help you alleviate the symptoms of the menopause?

Base: All who experienced the menopause and had symptoms of it

|   | REGION GROUPS |            |               |            |              |                       |
|---|---------------|------------|---------------|------------|--------------|-----------------------|
|   | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|   |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%   |               |            |               |            |              |                       |
| Unweighted Total  | 845           | 222        | 240           | 256        | 718          | 127                   |
| Weighted Total  | 844           | 205        | 223           | 276        | 704          | 140                   |
|   | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Another treatment   | 15            | 3          | 7             | 3          | 12           | 3                     |
|   | 2%            | 1%         | 3%            | 1%         | 2%           | 2%                    |
| I have not tried any treatments to help alleviate the symptoms of menopause | 308           | 71         | 71            | 110        | 252          | 56                    |
|   | 37%           | 34%        | 32%           | 40%        | 36%          | 40%                   |
| <b>NETS</b>   |               |            |               |            |              |                       |
| Net: Any treatment  | 536           | 135        | 152           | 166        | 453          | 84                    |
|   | 63%           | 66%        | 68%           | 60%        | 64%          | 60%                   |
| Net: Medical changes  | 273           | 74         | 73            | 82         | 229          | 43                    |
|   | 32%           | 36%        | 33%           | 30%        | 33%          | 31%                   |
| Net: Non-medical changes  | 307           | 74         | 85            | 93         | 252          | 55                    |
|   | 36%           | 36%        | 38%           | 34%        | 36%          | 40%                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

**Q8\_SUM. How effective have the below been at treating your symptoms of the menopause, if at all?**

### SUMMARY TABLE

Base: All who experienced the menopause and experienced symptoms of it and tried the respective treatment listed

|  | Total       | Very effective | Fairly effective | Not very effective | Not at all effective | I Don't know | NETS       |               |      |
|--|-------------|----------------|------------------|--------------------|----------------------|--------------|------------|---------------|------|
|  |             |                |                  |                    |                      |              | Effective  | Not effective | Mean |
| Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)                  | 208<br>100% | 19<br>9%       | 103<br>49%       | 77<br>37%          | 8<br>4%              | 3<br>1%      | 121<br>58% | 84<br>40%     | 2.6  |
| Hormone Replacement Therapy (HRT)  | 162<br>100% | 56<br>34%      | 61<br>38%        | 25<br>15%          | 18<br>11%            | 3<br>2%      | 117<br>72% | 42<br>26%     | 3.0  |
| Lifestyle changes (e.g. diet, exercise)  | 178<br>100% | 29<br>17%      | 86<br>49%        | 44<br>25%          | 10<br>5%             | 9<br>5%      | 116<br>65% | 54<br>30%     | 2.8  |
| Alternative and complementary treatments such as herbal remedies and 'natural' hormones  | 167<br>100% | 25<br>15%      | 73<br>44%        | 37<br>22%          | 23<br>14%            | 9<br>5%      | 98<br>59%  | 60<br>36%     | 2.6  |
| Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)                                 | 96<br>100%  | 21<br>21%      | 34<br>35%        | 26<br>27%          | 11<br>11%            | 5<br>5%      | 55<br>57%  | 37<br>38%     | 2.7  |
| A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness | 69<br>100%  | 19<br>27%      | 25<br>36%        | 17<br>25%          | 4<br>6%              | 4<br>6%      | 44<br>63%  | 21<br>30%     | 2.9  |
| Cognitive Behavioural Therapy (CBT)  | 17<br>100%  | 2<br>11%       | 6<br>38%         | 6<br>36%           | -<br>-               | 2<br>14%     | 8<br>49%   | 6<br>36%      | 2.7  |
| A testosterone supplement  | 7<br>100%   | -<br>-         | 3<br>42%         | 1<br>14%           | 2<br>30%             | 1<br>15%     | 3<br>42%   | 3<br>44%      | 2.1  |
| Another treatment  | 15<br>100%  | 2<br>12%       | 8<br>51%         | 1<br>6%            | 4<br>25%             | 1<br>6%      | 9<br>63%   | 5<br>31%      | 2.5  |

## JN303687 Menopause Poll 2017

### Q8\_1. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Hormone Replacement Therapy (HRT)

Base: All who experienced the menopause and experienced symptoms of it and tried hormone Replacement Therapy (HRT)

|                          | Total      | AGE GROUP   |             | SOCIAL GRADE |                | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|------------|-------------|-------------|--------------|----------------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |            | 50-55 years | 56-60 years | ABC1         | C2DE           | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|                          |            | a           | b           | a            | b              | a                              | b                    | c                      | a                         | *b          | a   | *b                  |
| Significance Level: 95%  |            |             |             |              |                |                                |                      |                        |                           |             |   |                     |
| Unweighted Total         | 162        | 80          | 82          | 74           | 88             | 151                            | 48                   | 66                     | 162                       | -           | 108   | 19                  |
| Weighted Total           | 162        | 82          | 80          | 76           | 87             | 152                            | 48                   | 68                     | 162                       | -           | 107   | 19                  |
|                          | 100%       | 100%        | 100%        | 100%         | 100%           | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 56<br>34%  | 30<br>37%   | 25<br>32%   | 20<br>26%    | 36<br>41%<br>a | 54<br>35%                      | 17<br>36%            | 26<br>38%              | 56<br>34%                 | -           | 34<br>31%                                     | 9<br>48%            |
| Fairly effective (3)     | 61<br>38%  | 28<br>34%   | 33<br>41%   | 34<br>44%    | 28<br>32%      | 57<br>38%                      | 18<br>38%            | 26<br>38%              | 61<br>38%                 | -           | 43<br>40%                                     | 5<br>25%            |
| Not very effective (2)   | 25<br>15%  | 15<br>18%   | 9<br>12%    | 14<br>19%    | 10<br>12%      | 22<br>14%                      | 8<br>16%             | 9<br>14%               | 25<br>15%                 | -           | 16<br>15%                                     | 3<br>15%            |
| Not at all effective (1) | 18<br>11%  | 7<br>8%     | 11<br>14%   | 6<br>8%      | 11<br>13%      | 17<br>11%                      | 5<br>10%             | 6<br>9%                | 18<br>11%                 | -           | 11<br>11%                                     | 2<br>12%            |
| I don't know             | 3<br>2%    | 2<br>2%     | 1<br>2%     | 2<br>2%      | 1<br>2%        | 2<br>1%                        | -<br>-               | 1<br>1%                | 3<br>2%                   | -           | 3<br>3%                                       | -<br>-              |
| <b>NETS</b>              |            |             |             |              |                |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 117<br>72% | 59<br>71%   | 58<br>73%   | 54<br>70%    | 63<br>73%      | 111<br>73%                     | 36<br>74%            | 51<br>76%              | 117<br>72%                | -           | 77<br>72%                                     | 14<br>73%           |
| Net: Not effective       | 42<br>26%  | 22<br>27%   | 20<br>25%   | 21<br>27%    | 22<br>25%      | 39<br>25%                      | 12<br>26%            | 15<br>23%              | 42<br>26%                 | -           | 27<br>25%                                     | 5<br>27%            |
| Mean score               | 3.0        | 3.0         | 2.9         | 2.9          | 3.0            | 3.0                            | 3.0                  | 3.1                    | 3.0                       | -           | 3.0   | 3.1                 |
| Standard deviation       | .98        | .95         | 1.00        | .90          | 1.04           | .98                            | .97                  | .95                    | .98                       | -           | .96   | 1.08                |
| Standard error           | .08        | .11         | .11         | .11          | .11            | .08                            | .14                  | .12                    | .08                       | -           | .09   | .25                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_1. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Hormone Replacement Therapy (HRT)

Base: All who experienced the menopause and experienced symptoms of it and tried hormone Replacement Therapy (HRT)

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
| Significance Level: 95% |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |      |
| Unweighted Total        |     | 162        | 9          | 23                       | 13            | 11            | 15   | 20     | 16         | 16         | 15    | 8        | 14               | 2    |
| Weighted Total          |     | 162        | 8          | 22                       | 11            | 10            | 14   | 19     | 14         | 23         | 14    | 8        | 14               | 4    |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Very effective          | (4) | 56         | 3          | 15                       | 3             | 2             | 5    | 10     | 5          | 6          | 3     | 1        | 3                | -    |
|                         |     | 34%        | 33%        | 65%                      | 31%           | 18%           | 33%  | 55%    | 38%        | 25%        | 20%   | 13%      | 21%              | -    |
| Fairly effective        | (3) | 61         | 1          | 4                        | 7             | 4             | 7    | 6      | 5          | 12         | 6     | 3        | 6                | 2    |
|                         |     | 38%        | 11%        | 17%                      | 62%           | 36%           | 47%  | 30%    | 38%        | 50%        | 40%   | 38%      | 43%              | 50%  |
| Not very effective      | (2) | 25         | 3          | 3                        | 1             | 3             | 2    | 1      | 2          | 3          | 2     | 1        | 3                | 2    |
|                         |     | 15%        | 33%        | 13%                      | 8%            | 27%           | 13%  | 5%     | 13%        | 13%        | 13%   | 13%      | 21%              | 50%  |
| Not at all effective    | (1) | 18         | 1          | 1                        | -             | 2             | 1    | 2      | 2          | 1          | 3     | 3        | 2                | -    |
|                         |     | 11%        | 11%        | 4%                       | -             | 18%           | 7%   | 10%    | 13%        | 6%         | 20%   | 38%      | 14%              | -    |
| I don't know            |     | 3          | 1          | -                        | -             | -             | -    | -      | -          | 1          | 1     | -        | -                | -    |
|                         |     | 2%         | 11%        | -                        | -             | -             | -    | -      | -          | 6%         | 7%    | -        | -                | -    |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Net: Effective          |     | 117        | 4          | 18                       | 10            | 5             | 11   | 16     | 11         | 17         | 8     | 4        | 9                | 2    |
|                         |     | 72%        | 44%        | 83%                      | 92%           | 55%           | 80%  | 85%    | 75%        | 75%        | 60%   | 50%      | 64%              | 50%  |
| Net: Not effective      |     | 42         | 4          | 4                        | 1             | 4             | 3    | 3      | 4          | 4          | 5     | 4        | 5                | 2    |
|                         |     | 26%        | 44%        | 17%                      | 8%            | 45%           | 20%  | 15%    | 25%        | 19%        | 33%   | 50%      | 36%              | 50%  |
| Mean score              |     | 3.0        | 2.8        | 3.4                      | 3.2           | 2.5           | 3.1  | 3.3    | 3.0        | 3.0        | 2.6   | 2.3      | 2.7              | 2.5  |
| Standard deviation      |     | .98        | 1.17       | .90                      | .60           | 1.04          | .89  | .98    | 1.04       | .84        | 1.09  | 1.16     | .99              | .58  |
| Standard error          |     | .08        | .41        | .19                      | .17           | .31           | .23  | .22    | .26        | .22        | .29   | .41      | .27              | .41  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### Q8\_1. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Hormone Replacement Therapy (HRT)

Base: All who experienced the menopause and experienced symptoms of it and tried hormone Replacement Therapy (HRT)

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         |     |               | a          | b             | c          | d            | *e                    |
| Significance Level: 95% |     |               |            |               |            |              |                       |
| Unweighted Total        |     | 162           | 45         | 46            | 47         | 138          | 24                    |
| Weighted Total          |     | 162           | 42         | 43            | 51         | 136          | 26                    |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 56<br>34%     | 21<br>50%  | 17<br>39%     | 14<br>27%  | 52<br>38%    | 4<br>15%              |
|                         |     |               | c          |               |            |              |                       |
| Fairly effective        | (3) | 61<br>38%     | 12<br>28%  | 16<br>37%     | 23<br>44%  | 50<br>37%    | 11<br>42%             |
| Not very effective      | (2) | 25<br>15%     | 7<br>16%   | 6<br>13%      | 7<br>13%   | 19<br>14%    | 6<br>23%              |
| Not at all effective    | (1) | 18<br>11%     | 2<br>5%    | 5<br>11%      | 6<br>12%   | 13<br>9%     | 5<br>19%              |
| I don't know            |     | 3<br>2%       | 1<br>2%    | -<br>-        | 2<br>5%    | 3<br>2%      | -<br>-                |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 117<br>72%    | 33<br>78%  | 33<br>76%     | 37<br>71%  | 102<br>75%   | 15<br>58%             |
| Net: Not effective      |     | 42<br>26%     | 8<br>20%   | 10<br>24%     | 13<br>24%  | 31<br>23%    | 11<br>42%             |
| Mean score              |     | 3.0           | 3.3        | 3.1           | 2.9        | 3.1          | 2.5                   |
| Standard deviation      |     | .98           | .90        | .99           | .96        | .95          | .99                   |
| Standard error          |     | .08           | .14        | .15           | .14        | .08          | .20                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_2. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

Base: All who experienced the menopause and experienced symptoms of it and tried prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

|                          | Total     | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|-----------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |           | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|                          |           | a           | b           | a            | b         | a                              | *b                   | c                      | a                         | *b          | a   | *b                  |
| Significance Level: 95%  |           |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Unweighted Total         | 96        | 55          | 41          | 41           | 55        | 93                             | 25                   | 45                     | 96                        | -           | 75  | 4                   |
| Weighted Total           | 96        | 56          | 41          | 40           | 56        | 93                             | 25                   | 46                     | 96                        | -           | 76  | 4                   |
|                          | 100%      | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 21<br>21% | 12<br>22%   | 8<br>21%    | 12<br>29%    | 9<br>16%  | 21<br>22%                      | 4<br>14%             | 13<br>29%              | 21<br>21%                 | -           | 16<br>22%                                     | 1<br>23%            |
| Fairly effective (3)     | 34<br>35% | 20<br>36%   | 14<br>34%   | 13<br>32%    | 21<br>37% | 32<br>35%                      | 9<br>36%             | 14<br>30%              | 34<br>35%                 | -           | 25<br>32%                                     | 2<br>53%            |
| Not very effective (2)   | 26<br>27% | 16<br>28%   | 11<br>26%   | 10<br>24%    | 17<br>30% | 26<br>28%                      | 8<br>30%             | 11<br>24%              | 26<br>27%                 | -           | 24<br>32%                                     | -                   |
| Not at all effective (1) | 11<br>11% | 5<br>9%     | 6<br>14%    | 5<br>12%     | 6<br>10%  | 9<br>9%                        | 3<br>12%             | 6<br>13%               | 11<br>11%                 | -           | 8<br>10%                                      | -                   |
| I don't know             | 5<br>5%   | 3<br>5%     | 2<br>5%     | 1<br>2%      | 4<br>7%   | 5<br>5%                        | 2<br>8%              | 2<br>4%                | 5<br>5%                   | -           | 3<br>4%                                       | 1<br>25%            |
| <b>NETS</b>              |           |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 55<br>57% | 32<br>58%   | 22<br>55%   | 25<br>62%    | 30<br>53% | 53<br>57%                      | 13<br>50%            | 27<br>59%              | 55<br>57%                 | -           | 41<br>54%                                     | 3<br>75%            |
| Net: Not effective       | 37<br>38% | 20<br>37%   | 17<br>41%   | 14<br>36%    | 23<br>40% | 35<br>38%                      | 11<br>42%            | 17<br>37%              | 37<br>38%                 | -           | 32<br>42%                                     | -                   |
| Mean score               | 2.7       | 2.8         | 2.6         | 2.8          | 2.6       | 2.7                            | 2.6                  | 2.8                    | 2.7                       | -           | 2.7   | 3.3                 |
| Standard deviation       | .95       | .92         | 1.00        | 1.01         | .90       | .93                            | .92                  | 1.03                   | .95                       | -           | .94   | .57                 |
| Standard error           | .10       | .13         | .16         | .16          | .13       | .10                            | .19                  | .16                    | .10                       | -           | .11   | .33                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_2. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

Base: All who experienced the menopause and experienced symptoms of it and tried prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
| Significance Level: 95% |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |      |
| Unweighted Total        |     | 96         | 6          | 12                       | 10            | 4             | 7    | 16     | 8          | 5          | 6     | 9        | 10               | 3    |
| Weighted Total          |     | 96         | 6          | 12                       | 9             | 4             | 7    | 15     | 7          | 7          | 6     | 9        | 10               | 6    |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Very effective          | (4) | 21         | 2          | 4                        | 3             | 2             | 1    | 2      | 2          | 3          | 1     | 1        | 1                | -    |
|                         |     | 21%        | 33%        | 33%                      | 30%           | 50%           | 14%  | 13%    | 25%        | 40%        | 17%   | 11%      | 10%              | -    |
| Fairly effective        | (3) | 34         | 2          | 1                        | 3             | 1             | 4    | 9      | 3          | 3          | 2     | 2        | 3                | 2    |
|                         |     | 35%        | 33%        | 8%                       | 40%           | 25%           | 57%  | 56%    | 38%        | 40%        | 33%   | 22%      | 30%              | 33%  |
| Not very effective      | (2) | 26         | 2          | 3                        | 2             | 1             | 1    | 1      | 3          | 1          | 2     | 4        | 5                | 2    |
|                         |     | 27%        | 33%        | 25%                      | 20%           | 25%           | 14%  | 6%     | 38%        | 20%        | 33%   | 44%      | 50%              | 33%  |
| Not at all effective    | (1) | 11         | -          | 2                        | 1             | -             | 1    | 1      | -          | -          | 1     | 2        | 1                | 2    |
|                         |     | 11%        | -          | 17%                      | 10%           | -             | 14%  | 6%     | -          | -          | 17%   | 22%      | 10%              | 33%  |
| I don't know            |     | 5          | -          | 2                        | -             | -             | -    | 3      | -          | -          | -     | -        | -                | -    |
|                         |     | 5%         | -          | 17%                      | -             | -             | -    | 19%    | -          | -          | -     | -        | -                | -    |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Net: Effective          |     | 55         | 4          | 5                        | 6             | 3             | 5    | 10     | 5          | 6          | 3     | 3        | 4                | 2    |
|                         |     | 57%        | 67%        | 42%                      | 70%           | 75%           | 71%  | 69%    | 63%        | 80%        | 50%   | 33%      | 40%              | 33%  |
| Net: Not effective      |     | 37         | 2          | 5                        | 3             | 1             | 2    | 2      | 3          | 1          | 3     | 6        | 6                | 4    |
|                         |     | 38%        | 33%        | 42%                      | 30%           | 25%           | 29%  | 13%    | 38%        | 20%        | 50%   | 67%      | 60%              | 67%  |
| Mean score              |     | 2.7        | 3.0        | 2.7                      | 2.9           | 3.3           | 2.7  | 2.9    | 2.9        | 3.2        | 2.5   | 2.2      | 2.4              | 2.0  |
| Standard deviation      |     | .95        | .90        | 1.25                     | 1.00          | .98           | .96  | .76    | .84        | .81        | 1.06  | .97      | .84              | .90  |
| Standard error          |     | .10        | .37        | .40                      | .32           | .49           | .36  | .21    | .30        | .36        | .43   | .32      | .27              | .52  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_2. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

Base: All who experienced the menopause and experienced symptoms of it and tried prescribed medication (e.g. certain medication for high blood pressure or anti-depressants that can help with menopausal symptoms)

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |     |               | *a         | *b            | *c         | d            | *e                    |
| Unweighted Total        |     | 96            | 28         | 27            | 19         | 74           | 22                    |
| Weighted Total          |     | 96            | 26         | 25            | 20         | 71           | 25                    |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 21            | 8          | 5             | 6          | 19           | 2                     |
|                         |     | 21%           | 32%        | 18%           | 28%        | 26%          | 8%                    |
| Fairly effective        | (3) | 34            | 6          | 13            | 7          | 27           | 7                     |
|                         |     | 35%           | 24%        | 52%           | 37%        | 38%          | 28%                   |
| Not very effective      | (2) | 26            | 7          | 3             | 6          | 15           | 11                    |
|                         |     | 27%           | 25%        | 11%           | 30%        | 21%          | 44%                   |
| Not at all effective    | (1) | 11            | 3          | 2             | 1          | 6            | 5                     |
|                         |     | 11%           | 11%        | 7%            | 5%         | 8%           | 20%                   |
| I don't know            |     | 5             | 2          | 3             | -          | 5            | -                     |
|                         |     | 5%            | 7%         | 11%           | -          | 7%           | -                     |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 55            | 15         | 18            | 13         | 46           | 9                     |
|                         |     | 57%           | 57%        | 70%           | 65%        | 64%          | 36%                   |
| Net: Not effective      |     | 37            | 9          | 5             | 7          | 21           | 16                    |
|                         |     | 38%           | 36%        | 18%           | 35%        | 29%          | 64%                   |
| Mean score              |     | 2.7           | 2.8        | 2.9           | 2.9        | 2.9          | 2.2                   |
| Standard deviation      |     | .95           | 1.05       | .83           | .89        | .92          | .88                   |
| Standard error          |     | .10           | .21        | .17           | .20        | .11          | .19                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_3. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Cognitive Behavioural Therapy (CBT)

Base: All who experienced the menopause and experienced symptoms of it and tried cognitive Behavioural Therapy (CBT)

|                          | Total    | AGE GROUP   |             | SOCIAL GRADE |          | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|----------|-------------|-------------|--------------|----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |          | 50-55 years | 56-60 years | ABC1         | C2DE     | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95%  |          | *a          | *b          | *a           | *b       | *a                             | *b                   | *c                     | *a                        | *b          | *a  | *b                  |
| Unweighted Total         | 17       | 10          | 7           | 6            | 11       | 16                             | 5                    | 6                      | 17                        | -           | 16  | -                   |
| Weighted Total           | 17       | 10          | 7           | 6            | 11       | 15                             | 5                    | 6                      | 17                        | -           | 16  | -                   |
|                          | 100%     | 100%        | 100%        | 100%         | 100%     | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | -                   |
| Very effective (4)       | 2<br>11% | 2<br>19%    | -<br>-      | -<br>-       | 2<br>17% | 2<br>12%                       | 1<br>18%             | 1<br>17%               | 2<br>11%                  | -<br>-      | 1<br>6%                                       | -<br>-              |
| Fairly effective (3)     | 6<br>38% | 3<br>29%    | 4<br>52%    | 4<br>66%     | 3<br>24% | 6<br>42%                       | 1<br>17%             | 2<br>33%               | 6<br>38%                  | -<br>-      | 6<br>41%                                      | -<br>-              |
| Not very effective (2)   | 6<br>36% | 4<br>43%    | 2<br>28%    | 1<br>17%     | 5<br>46% | 6<br>40%                       | 3<br>65%             | 2<br>33%               | 6<br>36%                  | -<br>-      | 6<br>38%                                      | -<br>-              |
| Not at all effective (1) | -<br>-   | -<br>-      | -<br>-      | -<br>-       | -<br>-   | -<br>-                         | -<br>-               | -<br>-                 | -<br>-                    | -<br>-      | -<br>-  | -<br>-              |
| I don't know             | 2<br>14% | 1<br>10%    | 1<br>20%    | 1<br>17%     | 1<br>13% | 1<br>6%                        | -<br>-               | 1<br>17%               | 2<br>14%                  | -<br>-      | 2<br>15%                                      | -<br>-              |
| <b>NETS</b>              |          |             |             |              |          |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 8<br>49% | 5<br>48%    | 4<br>52%    | 4<br>66%     | 5<br>41% | 8<br>54%                       | 2<br>35%             | 3<br>50%               | 8<br>49%                  | -<br>-      | 7<br>47%                                      | -<br>-              |
| Net: Not effective       | 6<br>36% | 4<br>43%    | 2<br>28%    | 1<br>17%     | 5<br>46% | 6<br>40%                       | 3<br>65%             | 2<br>33%               | 6<br>36%                  | -<br>-      | 6<br>38%                                      | -<br>-              |
| Mean score               | 2.7      | 2.7         | 2.7         | 2.8          | 2.7      | 2.7                            | 2.5                  | 2.8                    | 2.7                       | -           | 2.6   | -                   |
| Standard deviation       | .71      | .83         | .52         | .46          | .82      | .71                            | .87                  | .85                    | .71                       | -           | .64   | -                   |
| Standard error           | .18      | .28         | .21         | .20          | .26      | .18                            | .39                  | .38                    | .18                       | -           | .17   | -                   |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_3. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Cognitive Behavioural Therapy (CBT)

Base: All who experienced the menopause and experienced symptoms of it and tried cognitive Behavioural Therapy (CBT)

|                         |                      | REGION          |            |            |                          |               |               |          |          |            |            |           |           |                  |
|-------------------------|----------------------|-----------------|------------|------------|--------------------------|---------------|---------------|----------|----------|------------|------------|-----------|-----------|------------------|
|                         |                      | Total           | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East     | London   | South East | South West | Wales     | Scotland  | Northern Ireland |
|                         |                      |                 | *a         | *b         | *c                       | *d            | *e            | *f       | *g       | *h         | *i         | *j        | *k        | *l               |
| Significance Level: 95% |                      |                 |            |            |                          |               |               |          |          |            |            |           |           |                  |
|                         | Unweighted Total     | 17              | 1          | 2          | 2                        | -             | 1             | 2        | 5        | 2          | -          | 1         | 1         | -                |
|                         | Weighted Total       | 17              | 1          | 2          | 2                        | -             | 1             | 2        | 5        | 3          | -          | 1         | 1         | -                |
|                         |                      | 100%            | 100%       | 100%       | 100%                     | -             | 100%          | 100%     | 100%     | 100%       | -          | 100%      | 100%      | -                |
|                         | Very effective       | (4)<br>2<br>11% | -          | 1<br>50%   | -                        | -             | -             | -        | 1<br>20% | -          | -          | -         | -         | -                |
|                         | Fairly effective     | (3)<br>6<br>38% | 1<br>100%  | 1<br>50%   | 2<br>100%                | -             | -             | -        | 2<br>40% | -          | -          | 1<br>100% | -         | -                |
|                         | Not very effective   | (2)<br>6<br>36% | -          | -          | -                        | -             | 1<br>100%     | 1<br>50% | 2<br>40% | 1<br>50%   | -          | -         | 1<br>100% | -                |
|                         | Not at all effective | (1)<br>-<br>-   | -          | -          | -                        | -             | -             | -        | -        | -          | -          | -         | -         | -                |
|                         | I don't know         | 2<br>14%        | -          | -          | -                        | -             | -             | 1<br>50% | -        | 1<br>50%   | -          | -         | -         | -                |
| <b>NETS</b>             |                      |                 |            |            |                          |               |               |          |          |            |            |           |           |                  |
|                         | Net: Effective       | 8<br>49%        | 1<br>100%  | 2<br>100%  | 2<br>100%                | -             | -             | -        | 3<br>60% | -          | -          | 1<br>100% | -         | -                |
|                         | Net: Not effective   | 6<br>36%        | -          | -          | -                        | -             | 1<br>100%     | 1<br>50% | 2<br>40% | 1<br>50%   | -          | -         | 1<br>100% | -                |
|                         | Mean score           | 2.7             | 3.0        | 3.5        | 3.0                      | -             | 2.0           | 2.0      | 2.8      | 2.0        | -          | 3.0       | 2.0       | -                |
|                         | Standard deviation   | .71             | -          | .72        | -                        | -             | -             | -        | .85      | -          | -          | *         | -         | -                |
|                         | Standard error       | .18             | -          | .51        | -                        | -             | -             | -        | .38      | -          | -          | *         | -         | -                |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_3. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Cognitive Behavioural Therapy (CBT)

Base: All who experienced the menopause and experienced symptoms of it and tried cognitive Behavioural Therapy (CBT)

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |     |               | *a         | *b            | *c         | *d           | *e                    |
| Unweighted Total        |     | 17            | 5          | 3             | 7          | 15           | 2                     |
| Weighted Total          |     | 17            | 5          | 3             | 7          | 15           | 2                     |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 2             | 1          | -             | 1          | 2            | -                     |
|                         |     | 11%           | 21%        | -             | 12%        | 13%          | -                     |
| Fairly effective        | (3) | 6             | 4          | -             | 2          | 5            | 1                     |
|                         |     | 38%           | 79%        | -             | 24%        | 37%          | 51%                   |
| Not very effective      | (2) | 6             | -          | 2             | 3          | 5            | 1                     |
|                         |     | 36%           | -          | 67%           | 44%        | 35%          | 49%                   |
| Not at all effective    | (1) | -             | -          | -             | -          | -            | -                     |
|                         |     | -             | -          | -             | -          | -            | -                     |
| I don't know            |     | 2             | -          | 1             | 1          | 2            | -                     |
|                         |     | 14%           | -          | 33%           | 19%        | 16%          | -                     |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 8             | 5          | -             | 3          | 7            | 1                     |
|                         |     | 49%           | 100%       | -             | 37%        | 49%          | 51%                   |
| Net: Not effective      |     | 6             | -          | 2             | 3          | 5            | 1                     |
|                         |     | 36%           | -          | 67%           | 44%        | 35%          | 49%                   |
| Mean score              |     | 2.7           | 3.2        | 2.0           | 2.6        | 2.7          | 2.5                   |
| Standard deviation      |     | .71           | .46        | -             | .81        | .73          | .70                   |
| Standard error          |     | .18           | .21        | -             | .33        | .20          | .50                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_4. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A testosterone supplement

Base: All who experienced the menopause and experienced symptoms of it and tried a testosterone supplement

|                         | Total | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|-------------------------|-------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                         |       | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95% |       | *a          | *b          | *a           | *b   | *a                             | *b                   | *c                     | *a                        | *b          | *a  | *b                  |
| Unweighted Total        | 7     | 3           | 4           | 5            | 2    | 5                              | -                    | 3                      | 7                         | -           | 5   | -                   |
| Weighted Total          | 7     | 3           | 4           | 5            | 2    | 5                              | -                    | 3                      | 7                         | -           | 5   | -                   |
|                         | 100%  | 100%        | 100%        | 100%         | 100% | 100%                           | -                    | 100%                   | 100%                      | -           | 100%  | -                   |
| Very effective          | (4)   | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   |
|                         |       | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   |
| Fairly effective        | (3)   | 3           | 2           | 2            | 1    | 3                              | -                    | 1                      | 3                         | -           | 2   | -                   |
|                         |       | 42%         | 49%         | 39%          | 49%  | 59%                            | -                    | 34%                    | 42%                       | -           | 39%   | -                   |
| Not very effective      | (2)   | 1           | 1           | -            | 1    | 1                              | -                    | 1                      | 1                         | -           | 1   | -                   |
|                         |       | 14%         | 25%         | -            | 51%  | 19%                            | -                    | 32%                    | 14%                       | -           | 19%   | -                   |
| Not at all effective    | (1)   | 2           | -           | 2            | -    | 1                              | -                    | 1                      | 2                         | -           | 2   | -                   |
|                         |       | 30%         | -           | 41%          | -    | 21%                            | -                    | 35%                    | 30%                       | -           | 42%   | -                   |
| I don't know            |       | 1           | 1           | 1            | -    | -                              | -                    | -                      | 1                         | -           | -   | -                   |
|                         |       | 15%         | 26%         | 20%          | -    | -                              | -                    | -                      | 15%                       | -           | -   | -                   |
| <b>NETS</b>             |       |             |             |              |      |                                |                      |                        |                           |             |   |                     |
| Net: Effective          | 3     | 1           | 2           | 2            | 1    | 3                              | -                    | 1                      | 3                         | -           | 2   | -                   |
|                         | 42%   | 32%         | 49%         | 39%          | 49%  | 59%                            | -                    | 34%                    | 42%                       | -           | 39%   | -                   |
| Net: Not effective      | 3     | 2           | 1           | 2            | 1    | 2                              | -                    | 2                      | 3                         | -           | 3   | -                   |
|                         | 44%   | 68%         | 25%         | 41%          | 51%  | 41%                            | -                    | 66%                    | 44%                       | -           | 61%   | -                   |
| Mean score              | 2.1   | 1.6         | 2.7         | 2.0          | 2.5  | 2.4                            | -                    | 2.0                    | 2.1                       | -           | 2.0   | -                   |
| Standard deviation      | .99   | 1.14        | .59         | 1.15         | .74  | .91                            | -                    | 1.02                   | .99                       | -           | 1.01  | -                   |
| Standard error          | .41   | .66         | .34         | .58          | .52  | .41                            | -                    | .59                    | .41                       | -           | .45   | -                   |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b



## JN303687 Menopause Poll 2017

### Q8\_4. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A testosterone supplement

Base: All who experienced the menopause and experienced symptoms of it and tried a testosterone supplement

|                         |                      | REGION |            |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|----------------------|--------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         |                      | Total  | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         |                      |        | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |
| Significance Level: 95% |                      |        |            |            |                          |               |               |      |        |            |            |       |          |                  |
|                         | Unweighted Total     | 7      | 1          | 1          | -                        | 1             | -             | -    | -      | -          | -          | 2     | 2        | -                |
|                         | Weighted Total       | 7      | 1          | 1          | -                        | 1             | -             | -    | -      | -          | -          | 2     | 2        | -                |
|                         |                      | 100%   | 100%       | 100%       | -                        | 100%          | -             | -    | -      | -          | -          | 100%  | 100%     | -                |
|                         | Very effective       | (4)    | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                         |                      |        | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                         | Fairly effective     | (3)    | 3          | 1          | -                        | 1             | -             | -    | -      | -          | -          | -     | 1        | -                |
|                         |                      |        | 42%        | 100%       | -                        | 100%          | -             | -    | -      | -          | -          | -     | 50%      | -                |
|                         | Not very effective   | (2)    | 1          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                         |                      |        | 14%        | 100%       | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                         | Not at all effective | (1)    | 2          | -          | -                        | -             | -             | -    | -      | -          | -          | 2     | -        | -                |
|                         |                      |        | 30%        | -          | -                        | -             | -             | -    | -      | -          | -          | 100%  | -        | -                |
|                         | I don't know         |        | 1          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | 1        | -                |
|                         |                      |        | 15%        | -          | -                        | -             | -             | -    | -      | -          | -          | -     | 50%      | -                |
| <b>NETS</b>             |                      |        |            |            |                          |               |               |      |        |            |            |       |          |                  |
|                         | Net: Effective       | 3      | -          | 1          | -                        | 1             | -             | -    | -      | -          | -          | -     | 1        | -                |
|                         |                      |        | 42%        | 100%       | -                        | 100%          | -             | -    | -      | -          | -          | -     | 50%      | -                |
|                         | Net: Not effective   | 3      | 1          | -          | -                        | -             | -             | -    | -      | -          | -          | 2     | -        | -                |
|                         |                      |        | 44%        | 100%       | -                        | -             | -             | -    | -      | -          | -          | 100%  | -        | -                |
|                         | Mean score           | 2.1    | 2.0        | 3.0        | -                        | 3.0           | -             | -    | -      | -          | -          | 1.0   | 3.0      | -                |
|                         | Standard deviation   | .99    | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                         | Standard error       | .41    | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_4. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A testosterone supplement

Base: All who experienced the menopause and experienced symptoms of it and tried a testosterone supplement

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |     |               | *a         | *b            | *c         | *d           | *e                    |
| Unweighted Total        |     | 7             | 2          | 1             | -          | 3            | 4                     |
| Weighted Total          |     | 7             | 2          | 1             | -          | 3            | 4                     |
|                         |     | 100%          | 100%       | 100%          | -          | 100%         | 100%                  |
| Very effective          | (4) | -             | -          | -             | -          | -            | -                     |
|                         |     | -             | -          | -             | -          | -            | -                     |
| Fairly effective        | (3) | 3             | 1          | 1             | -          | 2            | 1                     |
|                         |     | 42%           | 51%        | 100%          | -          | 66%          | 25%                   |
| Not very effective      | (2) | 1             | 1          | -             | -          | 1            | -                     |
|                         |     | 14%           | 49%        | -             | -          | 34%          | -                     |
| Not at all effective    | (1) | 2             | -          | -             | -          | -            | 2                     |
|                         |     | 30%           | -          | -             | -          | -            | 51%                   |
| I don't know            |     | 1             | -          | -             | -          | -            | 1                     |
|                         |     | 15%           | -          | -             | -          | -            | 25%                   |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 3             | 1          | 1             | -          | 2            | 1                     |
|                         |     | 42%           | 51%        | 100%          | -          | 66%          | 25%                   |
| Net: Not effective      |     | 3             | 1          | -             | -          | 1            | 2                     |
|                         |     | 44%           | 49%        | -             | -          | 34%          | 51%                   |
| Mean score              |     | 2.1           | 2.5        | 3.0           | -          | 2.7          | 1.7                   |
| Standard deviation      |     | .99           | .72        | -             | -          | .59          | 1.14                  |
| Standard error          |     | .41           | .51        | -             | -          | .34          | .66                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_5. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

Base: All who experienced the menopause and experienced symptoms of it and tried a vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

|                          | Total     | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|-----------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |           | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95%  |           | a           | b           | a            | *b        | a                              | *b                   | c                      | a                         | *b          | a   | *b                  |
| Unweighted Total         | 70        | 36          | 34          | 41           | 29        | 69                             | 21                   | 30                     | 70                        | -           | 47  | 7                   |
| Weighted Total           | 69        | 35          | 34          | 40           | 29        | 68                             | 20                   | 29                     | 69                        | -           | 46  | 6                   |
|                          | 100%      | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 19<br>27% | 11<br>30%   | 8<br>24%    | 12<br>30%    | 7<br>23%  | 19<br>27%                      | 9<br>45%             | 8<br>26%               | 19<br>27%                 | -           | 14<br>30%                                     | 3<br>43%            |
| Fairly effective (3)     | 25<br>36% | 12<br>34%   | 13<br>39%   | 14<br>36%    | 11<br>38% | 24<br>36%                      | 6<br>27%             | 12<br>41%              | 25<br>36%                 | -           | 16<br>34%                                     | 2<br>28%            |
| Not very effective (2)   | 17<br>25% | 8<br>24%    | 9<br>26%    | 10<br>25%    | 7<br>25%  | 17<br>25%                      | 5<br>23%             | 7<br>23%               | 17<br>25%                 | -           | 13<br>27%                                     | 1<br>15%            |
| Not at all effective (1) | 4<br>6%   | 1<br>3%     | 3<br>8%     | 3<br>7%      | 1<br>3%   | 4<br>6%                        | -                    | 2<br>7%                | 4<br>6%                   | -           | 3<br>6%                                       | -                   |
| I don't know             | 4<br>6%   | 3<br>9%     | 1<br>3%     | 1<br>2%      | 3<br>12%  | 4<br>6%                        | 1<br>5%              | 1<br>3%                | 4<br>6%                   | -           | 1<br>2%                                       | 1<br>15%            |
| <b>NETS</b>              |           |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 44<br>63% | 23<br>64%   | 21<br>63%   | 26<br>65%    | 17<br>60% | 43<br>63%                      | 15<br>72%            | 19<br>67%              | 44<br>63%                 | -           | 30<br>65%                                     | 5<br>70%            |
| Net: Not effective       | 21<br>30% | 9<br>27%    | 12<br>35%   | 13<br>32%    | 8<br>28%  | 21<br>31%                      | 5<br>23%             | 8<br>30%               | 21<br>30%                 | -           | 15<br>33%                                     | 1<br>15%            |
| Mean score               | 2.9       | 3.0         | 2.8         | 2.9          | 2.9       | 2.9                            | 3.2                  | 2.9                    | 2.9                       | -           | 2.9   | 3.3                 |
| Standard deviation       | .89       | .86         | .92         | .93          | .84       | .90                            | .84                  | .90                    | .89                       | -           | .92   | .83                 |
| Standard error           | .11       | .15         | .16         | .15          | .16       | .11                            | .19                  | .17                    | .11                       | -           | .14   | .34                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_5. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

Base: All who experienced the menopause and experienced symptoms of it and tried a vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |   |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|---|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |   |
|                         |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |   |
| Significance Level: 95% |     |            |            |                          |               |               |      |        |            |            |       |          |                  |   |
| Unweighted Total        |     | 70         | 8          | 6                        | 9             | 4             | 11   | 10     | 11         | 8          | 1     | -        | 2                | - |
| Weighted Total          |     | 69         | 8          | 6                        | 8             | 4             | 10   | 10     | 10         | 12         | 1     | -        | 2                | - |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | -        | 100%             | - |
| Very effective          | (4) | 19         | 2          | 2                        | 3             | 1             | 3    | 1      | 4          | 3          | -     | -        | 1                | - |
|                         |     | 27%        | 25%        | 33%                      | 33%           | 25%           | 27%  | 10%    | 36%        | 25%        | -     | -        | 50%              | - |
| Fairly effective        | (3) | 25         | 4          | 1                        | 3             | 2             | 4    | 3      | 2          | 6          | 1     | -        | -                | - |
|                         |     | 36%        | 50%        | 17%                      | 44%           | 50%           | 36%  | 30%    | 18%        | 50%        | 100%  | -        | -                | - |
| Not very effective      | (2) | 17         | 2          | 1                        | 2             | -             | 3    | 3      | 5          | 1          | -     | -        | 1                | - |
|                         |     | 25%        | 25%        | 17%                      | 22%           | -             | 27%  | 30%    | 45%        | 13%        | -     | -        | 50%              | - |
| Not at all effective    | (1) | 4          | -          | 1                        | -             | -             | 1    | 2      | -          | -          | -     | -        | -                | - |
|                         |     | 6%         | -          | 17%                      | -             | -             | 9%   | 20%    | -          | -          | -     | -        | -                | - |
| I don't know            |     | 4          | -          | 1                        | -             | 1             | -    | 1      | -          | 1          | -     | -        | -                | - |
|                         |     | 6%         | -          | 17%                      | -             | 25%           | -    | 10%    | -          | 13%        | -     | -        | -                | - |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |   |
| Net: Effective          |     | 44         | 6          | 3                        | 6             | 3             | 7    | 4      | 5          | 9          | 1     | -        | 1                | - |
|                         |     | 63%        | 75%        | 50%                      | 78%           | 75%           | 64%  | 40%    | 55%        | 75%        | 100%  | -        | 50%              | - |
| Net: Not effective      |     | 21         | 2          | 2                        | 2             | -             | 4    | 5      | 5          | 1          | -     | -        | 1                | - |
|                         |     | 30%        | 25%        | 33%                      | 22%           | -             | 36%  | 50%    | 45%        | 13%        | -     | -        | 50%              | - |
| Mean score              |     | 2.9        | 3.0        | 2.8                      | 3.1           | 3.3           | 2.8  | 2.3    | 2.9        | 3.1        | 3.0   | -        | 3.0              | - |
| Standard deviation      |     | .89        | .76        | 1.31                     | .79           | .60           | .98  | 1.00   | .95        | .67        | -     | -        | 1.41             | - |
| Standard error          |     | .11        | .27        | .59                      | .26           | .34           | .30  | .33    | .29        | .25        | -     | -        | 1.00             | - |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_5. How effective have the below been at treating your symptoms of the menopause, if at all?

#### A vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

Base: All who experienced the menopause and experienced symptoms of it and tried a vaginal pessary, cream or vaginal ring or over the counter vaginal moisturisers and lubricants in addition to or instead of vaginal oestrogen to counter dryness

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |     |               | *a         | *b            | *c         | d            | *e                    |
| Unweighted Total        |     | 70            | 23         | 25            | 20         | 68           | 2                     |
| Weighted Total          |     | 69            | 21         | 23            | 22         | 67           | 2                     |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 19            | 6          | 5             | 6          | 18           | 1                     |
|                         |     | 27%           | 30%        | 20%           | 29%        | 26%          | 50%                   |
| Fairly effective        | (3) | 25            | 8          | 8             | 9          | 25           | -                     |
|                         |     | 36%           | 39%        | 36%           | 38%        | 37%          | -                     |
| Not very effective      | (2) | 17            | 5          | 6             | 6          | 16           | 1                     |
|                         |     | 25%           | 22%        | 24%           | 27%        | 24%          | 50%                   |
| Not at all effective    | (1) | 4             | 1          | 3             | -          | 4            | -                     |
|                         |     | 6%            | 5%         | 12%           | -          | 6%           | -                     |
| I don't know            |     | 4             | 1          | 2             | 1          | 4            | -                     |
|                         |     | 6%            | 5%         | 8%            | 6%         | 6%           | -                     |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 44            | 15         | 13            | 15         | 43           | 1                     |
|                         |     | 63%           | 69%        | 56%           | 67%        | 64%          | 50%                   |
| Net: Not effective      |     | 21            | 6          | 9             | 6          | 20           | 1                     |
|                         |     | 30%           | 26%        | 36%           | 27%        | 30%          | 50%                   |
| Mean score              |     | 2.9           | 3.0        | 2.7           | 3.0        | 2.9          | 3.0                   |
| Standard deviation      |     | .89           | .88        | .98           | .79        | .89          | 1.41                  |
| Standard error          |     | .11           | .19        | .20           | .18        | .11          | 1.00                  |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_6. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Lifestyle changes (e.g. diet, exercise)

Base: All who experienced the menopause and experienced symptoms of it and tried lifestyle changes (e.g. diet, exercise)

|                          | Total      | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|------------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |            | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|                          |            | a           | b           | a            | b         | a                              | b                    | c                      | a                         | *b          | a   | *b                  |
| Significance Level: 95%  |            |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Unweighted Total         | 180        | 105         | 75          | 102          | 78        | 174                            | 58                   | 74                     | 180                       | -           | 113   | 13                  |
| Weighted Total           | 178        | 105         | 73          | 102          | 76        | 172                            | 56                   | 73                     | 178                       | -           | 111   | 13                  |
|                          | 100%       | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 29<br>17%  | 17<br>16%   | 13<br>17%   | 16<br>16%    | 13<br>17% | 29<br>17%                      | 13<br>24%            | 13<br>17%              | 29<br>17%                 | -           | 13<br>12%                                     | 3<br>21%            |
| Fairly effective (3)     | 86<br>49%  | 56<br>53%   | 31<br>42%   | 52<br>51%    | 34<br>45% | 84<br>49%                      | 27<br>49%            | 39<br>53%              | 86<br>49%                 | -           | 55<br>49%                                     | 7<br>50%            |
| Not very effective (2)   | 44<br>25%  | 25<br>24%   | 19<br>26%   | 25<br>25%    | 19<br>25% | 43<br>25%                      | 10<br>18%            | 18<br>24%              | 44<br>25%                 | -           | 30<br>27%                                     | 4<br>29%            |
| Not at all effective (1) | 10<br>5%   | 5<br>5%     | 5<br>7%     | 5<br>5%      | 5<br>6%   | 9<br>5%                        | 4<br>7%              | 3<br>4%                | 10<br>5%                  | -           | 9<br>8%                                       | -                   |
| I don't know             | 9<br>5%    | 2<br>2%     | 6<br>8%     | 4<br>4%      | 5<br>6%   | 8<br>4%                        | 1<br>2%              | 1<br>1%                | 9<br>5%                   | -           | 5<br>4%                                       | -                   |
| <b>NETS</b>              |            |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 116<br>65% | 73<br>69%   | 43<br>59%   | 68<br>67%    | 48<br>63% | 113<br>66%                     | 41<br>73%            | 51<br>71%              | 116<br>65%                | -           | 68<br>61%                                     | 9<br>71%            |
| Net: Not effective       | 54<br>30%  | 30<br>29%   | 23<br>32%   | 30<br>30%    | 23<br>31% | 52<br>30%                      | 14<br>25%            | 20<br>28%              | 54<br>30%                 | -           | 38<br>34%                                     | 4<br>29%            |
| Mean score               | 2.8        | 2.8         | 2.8         | 2.8          | 2.8       | 2.8                            | 2.9                  | 2.9                    | 2.8                       | -           | 2.7   | 2.9                 |
| Standard deviation       | .79        | .76         | .84         | .77          | .82       | .79                            | .84                  | .75                    | .79                       | -           | .80   | .73                 |
| Standard error           | .06        | .07         | .10         | .08          | .10       | .06                            | .11                  | .09                    | .06                       | -           | .08   | .20                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_6. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Lifestyle changes (e.g. diet, exercise)

Base: All who experienced the menopause and experienced symptoms of it and tried lifestyle changes (e.g. diet, exercise)

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
|                         |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |      |
| Significance Level: 95% |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Unweighted Total        |     | 180        | 8          | 19                       | 17            | 11            | 22   | 20     | 25         | 14         | 16    | 7        | 19               | 2    |
| Weighted Total          |     | 178        | 8          | 18                       | 15            | 10            | 21   | 19     | 23         | 20         | 15    | 7        | 19               | 4    |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Very effective          | (4) | 29         | 1          | 5                        | 3             | 3             | 1    | 4      | 5          | 4          | 1     | -        | 3                | -    |
|                         |     | 17%        | 13%        | 26%                      | 18%           | 27%           | 5%   | 20%    | 24%        | 21%        | 6%    | -        | 16%              | -    |
| Fairly effective        | (3) | 86         | 4          | 11                       | 9             | 5             | 8    | 7      | 13         | 9          | 8     | 6        | 6                | 2    |
|                         |     | 49%        | 50%        | 58%                      | 59%           | 55%           | 36%  | 35%    | 56%        | 43%        | 56%   | 86%      | 32%              | 50%  |
| Not very effective      | (2) | 44         | 2          | 1                        | 3             | -             | 9    | 7      | 4          | 4          | 4     | 1        | 7                | 2    |
|                         |     | 25%        | 25%        | 5%                       | 24%           | -             | 45%  | 35%    | 16%        | 21%        | 25%   | 14%      | 37%              | 50%  |
| Not at all effective    | (1) | 10         | 1          | 1                        | -             | 1             | 2    | 2      | -          | -          | 1     | -        | 2                | -    |
|                         |     | 5%         | 13%        | 5%                       | -             | 9%            | 9%   | 10%    | -          | -          | 6%    | -        | 11%              | -    |
| I don't know            |     | 9          | -          | 1                        | -             | 1             | 1    | -      | 1          | 3          | 1     | -        | 1                | -    |
|                         |     | 5%         | -          | 5%                       | -             | 9%            | 5%   | -      | 4%         | 14%        | 6%    | -        | 5%               | -    |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Net: Effective          |     | 116        | 5          | 15                       | 11            | 8             | 8    | 10     | 18         | 13         | 9     | 6        | 9                | 2    |
|                         |     | 65%        | 63%        | 84%                      | 76%           | 82%           | 41%  | 55%    | 80%        | 64%        | 63%   | 86%      | 47%              | 50%  |
| Net: Not effective      |     | 54         | 3          | 2                        | 3             | 1             | 11   | 9      | 4          | 4          | 5     | 1        | 9                | 2    |
|                         |     | 30%        | 38%        | 11%                      | 24%           | 9%            | 55%  | 45%    | 16%        | 21%        | 31%   | 14%      | 47%              | 50%  |
| Mean score              |     | 2.8        | 2.6        | 3.1                      | 2.9           | 3.1           | 2.4  | 2.7    | 3.1        | 3.0        | 2.7   | 2.9      | 2.6              | 2.5  |
| Standard deviation      |     | .79        | .92        | .76                      | .66           | .88           | .74  | .93    | .66        | .73        | .73   | .38      | .92              | .58  |
| Standard error          |     | .06        | .33        | .18                      | .16           | .28           | .16  | .21    | .13        | .21        | .19   | .14      | .22              | .41  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_6. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Lifestyle changes (e.g. diet, exercise)

Base: All who experienced the menopause and experienced symptoms of it and tried lifestyle changes (e.g. diet, exercise)

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         |     |               | a          | b             | c          | d            | *e                    |
| Significance Level: 95% |     |               |            |               |            |              |                       |
| Unweighted Total        |     | 180           | 44         | 53            | 55         | 152          | 28                    |
| Weighted Total          |     | 178           | 41         | 49            | 58         | 148          | 30                    |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 29            | 8          | 7             | 11         | 26           | 3                     |
|                         |     | 17%           | 21%        | 15%           | 19%        | 18%          | 10%                   |
| Fairly effective        | (3) | 86            | 23         | 20            | 30         | 72           | 14                    |
|                         |     | 49%           | 57%        | 39%           | 51%        | 49%          | 47%                   |
| Not very effective      | (2) | 44            | 6          | 16            | 12         | 34           | 10                    |
|                         |     | 25%           | 16%        | 32%           | 20%        | 23%          | 33%                   |
| Not at all effective    | (1) | 10            | 2          | 5             | 1          | 8            | 2                     |
|                         |     | 5%            | 5%         | 9%            | 2%         | 5%           | 7%                    |
| I don't know            |     | 9             | 1          | 2             | 5          | 8            | 1                     |
|                         |     | 5%            | 2%         | 4%            | 8%         | 5%           | 3%                    |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 116           | 31         | 27            | 40         | 99           | 17                    |
|                         |     | 65%           | 77%        | 54%           | 70%        | 67%          | 57%                   |
|                         |     |               | b          |               |            |              |                       |
| Net: Not effective      |     | 54            | 8          | 21            | 13         | 42           | 12                    |
|                         |     | 30%           | 20%        | 42%           | 22%        | 28%          | 40%                   |
|                         |     |               |            | ac            |            |              |                       |
| Mean score              |     | 2.8           | 3.0        | 2.6           | 2.9        | 2.8          | 2.6                   |
|                         |     |               |            |               | b          |              |                       |
| Standard deviation      |     | .79           | .76        | .87           | .71        | .79          | .77                   |
| Standard error          |     | .06           | .12        | .12           | .10        | .07          | .15                   |

Columns Tested: a,b,c,d,e



## JN303687 Menopause Poll 2017

### Q8\_7. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

Base: All who experienced the menopause and experienced symptoms of it and tried practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

|                          | Total      | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|------------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |            | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
|                          |            | a           | b           | a            | b         | a                              | b                    | c                      | a                         | *b          | a   | *b                  |
| Significance Level: 95%  |            |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Unweighted Total         | 212        | 112         | 100         | 116          | 96        | 204                            | 53                   | 91                     | 212                       | -           | 130   | 17                  |
| Weighted Total           | 208        | 111         | 97          | 115          | 94        | 201                            | 53                   | 87                     | 208                       | -           | 128   | 17                  |
|                          | 100%       | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 19<br>9%   | 9<br>9%     | 9<br>9%     | 12<br>11%    | 7<br>7%   | 19<br>9%                       | 10<br>19%            | 5<br>6%                | 19<br>9%                  | -           | 10<br>8%                                      | 3<br>17%            |
| Fairly effective (3)     | 103<br>49% | 57<br>51%   | 46<br>47%   | 55<br>48%    | 47<br>50% | 100<br>50%                     | 26<br>49%            | 48<br>55%              | 103<br>49%                | -           | 59<br>46%                                     | 7<br>44%            |
| Not very effective (2)   | 77<br>37%  | 41<br>37%   | 36<br>37%   | 41<br>35%    | 36<br>39% | 73<br>36%                      | 14<br>27%            | 31<br>36%              | 77<br>37%                 | -           | 51<br>40%                                     | 6<br>34%            |
| Not at all effective (1) | 8<br>4%    | 4<br>3%     | 4<br>4%     | 5<br>4%      | 3<br>3%   | 8<br>4%                        | 3<br>6%              | 2<br>2%                | 8<br>4%                   | -           | 7<br>5%                                       | -                   |
| I don't know             | 3<br>1%    | -           | 3<br>3%     | 2<br>2%      | 1<br>1%   | 2<br>1%                        | -                    | 1<br>1%                | 3<br>1%                   | -           | 1<br>1%                                       | 1<br>6%             |
| <b>NETS</b>              |            |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 121<br>58% | 66<br>60%   | 55<br>56%   | 68<br>59%    | 54<br>57% | 119<br>59%                     | 36<br>67%            | 53<br>61%              | 121<br>58%                | -           | 69<br>54%                                     | 10<br>60%           |
| Net: Not effective       | 84<br>40%  | 45<br>40%   | 40<br>41%   | 45<br>39%    | 39<br>42% | 81<br>40%                      | 17<br>33%            | 33<br>38%              | 84<br>40%                 | -           | 58<br>45%                                     | 6<br>34%            |
| Mean score               | 2.6        | 2.6         | 2.6         | 2.7          | 2.6       | 2.7                            | 2.8                  | 2.7                    | 2.6                       | -           | 2.6   | 2.8                 |
| Standard deviation       | .70        | .69         | .72         | .73          | .67       | .70                            | .81                  | .63                    | .70                       | -           | .72   | .73                 |
| Standard error           | .05        | .06         | .07         | .07          | .07       | .05                            | .11                  | .07                    | .05                       | -           | .06   | .18                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_7. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

Base: All who experienced the menopause and experienced symptoms of it and tried practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
| Significance Level: 95% |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |      |
| Unweighted Total        |     | 212        | 16         | 17                       | 21            | 19            | 17   | 22     | 24         | 15         | 23    | 15       | 21               | 2    |
| Weighted Total          |     | 208        | 15         | 16                       | 18            | 17            | 16   | 21     | 22         | 22         | 21    | 15       | 21               | 4    |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Very effective          | (4) | 19         | -          | 2                        | 3             | 2             | 1    | 1      | 2          | 6          | 1     | -        | -                | 2    |
|                         |     | 9%         | -          | 12%                      | 14%           | 11%           | 6%   | 5%     | 8%         | 27%        | 4%    | -        | -                | 50%  |
| Fairly effective        | (3) | 103        | 4          | 7                        | 9             | 6             | 8    | 13     | 14         | 9          | 12    | 9        | 10               | 2    |
|                         |     | 49%        | 25%        | 41%                      | 48%           | 37%           | 47%  | 64%    | 67%        | 40%        | 57%   | 60%      | 48%              | 50%  |
| Not very effective      | (2) | 77         | 11         | 8                        | 6             | 8             | 7    | 7      | 4          | 7          | 7     | 5        | 8                | -    |
|                         |     | 37%        | 75%        | 47%                      | 33%           | 47%           | 41%  | 32%    | 17%        | 33%        | 30%   | 33%      | 38%              | -    |
| Not at all effective    | (1) | 8          | -          | -                        | 1             | -             | 1    | -      | 1          | -          | 2     | 1        | 2                | -    |
|                         |     | 4%         | -          | -                        | 5%            | -             | 6%   | -      | 4%         | -          | 9%    | 7%       | 10%              | -    |
| I don't know            |     | 3          | -          | -                        | -             | 1             | -    | -      | 1          | -          | -     | -        | 1                | -    |
|                         |     | 1%         | -          | -                        | -             | 5%            | -    | -      | 4%         | -          | -     | -        | 5%               | -    |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |      |
| Net: Effective          |     | 121        | 4          | 9                        | 11            | 8             | 8    | 14     | 16         | 14         | 13    | 9        | 10               | 4    |
|                         |     | 58%        | 25%        | 53%                      | 62%           | 47%           | 53%  | 68%    | 75%        | 67%        | 61%   | 60%      | 48%              | 100% |
| Net: Not effective      |     | 84         | 11         | 8                        | 7             | 8             | 8    | 7      | 5          | 7          | 8     | 6        | 10               | -    |
|                         |     | 40%        | 75%        | 47%                      | 38%           | 47%           | 47%  | 32%    | 21%        | 33%        | 39%   | 40%      | 48%              | -    |
| Mean score              |     | 2.6        | 2.3        | 2.6                      | 2.7           | 2.6           | 2.5  | 2.7    | 2.8        | 2.9        | 2.6   | 2.5      | 2.4              | 3.5  |
| Standard deviation      |     | .70        | .45        | .70                      | .79           | .70           | .72  | .55    | .65        | .79        | .73   | .64      | .68              | .58  |
| Standard error          |     | .05        | .11        | .17                      | .17           | .17           | .17  | .12    | .14        | .20        | .15   | .17      | .15              | .41  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_7. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

Base: All who experienced the menopause and experienced symptoms of it and tried practical changes (e.g. different working pattern, layering clothing, changing temperature of environment, sleeping with open window, using fans)

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         |     |               | a          | b             | c          | d            | e                     |
| Significance Level: 95% |     |               |            |               |            |              |                       |
| Unweighted Total        |     | 212           | 54         | 58            | 62         | 174          | 38                    |
| Weighted Total          |     | 208           | 50         | 54            | 65         | 168          | 40                    |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 19            | 5          | 4             | 9          | 17           | 2                     |
|                         |     | 9%            | 9%         | 7%            | 13%        | 10%          | 5%                    |
| Fairly effective        | (3) | 103           | 19         | 27            | 35         | 81           | 21                    |
|                         |     | 49%           | 39%        | 50%           | 54%        | 48%          | 53%                   |
| Not very effective      | (2) | 77            | 25         | 21            | 17         | 64           | 13                    |
|                         |     | 37%           | 50%        | 39%           | 27%        | 38%          | 33%                   |
|                         |     |               | c          |               |            |              |                       |
| Not at all effective    | (1) | 8             | 1          | 1             | 3          | 5            | 3                     |
|                         |     | 4%            | 2%         | 2%            | 4%         | 3%           | 7%                    |
| I don't know            |     | 3             | -          | 1             | 1          | 2            | 1                     |
|                         |     | 1%            | -          | 2%            | 1%         | 1%           | 2%                    |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 121           | 24         | 31            | 44         | 98           | 23                    |
|                         |     | 58%           | 48%        | 57%           | 68%        | 58%          | 57%                   |
|                         |     |               |            | a             |            |              |                       |
| Net: Not effective      |     | 84            | 26         | 22            | 20         | 68           | 16                    |
|                         |     | 40%           | 52%        | 41%           | 31%        | 41%          | 40%                   |
|                         |     |               | c          |               |            |              |                       |
| Mean score              |     | 2.6           | 2.6        | 2.6           | 2.8        | 2.7          | 2.6                   |
| Standard deviation      |     | .70           | .69        | .64           | .73        | .69          | .72                   |
| Standard error          |     | .05           | .09        | .09           | .09        | .05          | .12                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_8. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Alternative and complementary treatments such as herbal remedies and-'natural'-hormones

Base: All who experienced the menopause and experienced symptoms of it and tried alternative and complementary treatments such as herbal remedies and-'natural'-hormones

|                          | Total     | AGE GROUP   |             | SOCIAL GRADE |           | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|-----------|-------------|-------------|--------------|-----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |           | 50-55 years | 56-60 years | ABC1         | C2DE      | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95%  |           | a           | b           | a            | b         | a                              | b                    | c                      | a                         | *b          | a   | *b                  |
| Unweighted Total         | 169       | 91          | 78          | 90           | 79        | 162                            | 49                   | 68                     | 169                       | -           | 114   | 12                  |
| Weighted Total           | 167       | 89          | 78          | 89           | 78        | 160                            | 49                   | 66                     | 167                       | -           | 112   | 12                  |
|                          | 100%      | 100%        | 100%        | 100%         | 100%      | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 25<br>15% | 16<br>18%   | 9<br>11%    | 10<br>12%    | 15<br>19% | 24<br>15%                      | 14<br>29%            | 6<br>9%                | 25<br>15%                 | -           | 15<br>13%                                     | 3<br>24%            |
| Fairly effective (3)     | 73<br>44% | 42<br>47%   | 31<br>39%   | 42<br>47%    | 31<br>39% | 72<br>45%                      | 26<br>53%            | 27<br>41%              | 73<br>44%                 | -           | 47<br>42%                                     | 5<br>45%            |
| Not very effective (2)   | 37<br>22% | 17<br>20%   | 20<br>25%   | 17<br>20%    | 20<br>25% | 34<br>22%                      | 5<br>10%             | 20<br>30%              | 37<br>22%                 | -           | 25<br>22%                                     | 2<br>15%            |
| Not at all effective (1) | 23<br>14% | 11<br>12%   | 12<br>16%   | 13<br>15%    | 10<br>12% | 21<br>13%                      | 1<br>2%              | 12<br>19%              | 23<br>14%                 | -           | 18<br>16%                                     | 2<br>16%            |
| I don't know             | 9<br>5%   | 3<br>3%     | 6<br>8%     | 6<br>6%      | 3<br>4%   | 9<br>6%                        | 3<br>7%              | 1<br>1%                | 9<br>5%                   | -           | 7<br>6%                                       | -                   |
| <b>NETS</b>              |           |             |             |              |           |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 98<br>59% | 58<br>65%   | 40<br>51%   | 52<br>59%    | 45<br>58% | 96<br>60%                      | 40<br>82%            | 33<br>50%              | 98<br>59%                 | -           | 62<br>56%                                     | 8<br>69%            |
| Net: Not effective       | 60<br>36% | 28<br>32%   | 32<br>41%   | 31<br>35%    | 29<br>38% | 55<br>35%                      | 6<br>12%             | 32<br>49%              | 60<br>36%                 | -           | 43<br>38%                                     | 4<br>31%            |
| Mean score               | 2.6       | 2.7         | 2.5         | 2.6          | 2.7       | 2.7                            | 3.2<br>ac            | 2.4<br>ab              | 2.6                       | -           | 2.6   | 2.8                 |
| Standard deviation       | .92       | .91         | .92         | .91          | .94       | .91                            | .69                  | .90                    | .92                       | -           | .94   | 1.03                |
| Standard error           | .07       | .10         | .11         | .10          | .11       | .07                            | .10                  | .11                    | .07                       | -           | .09   | .30                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_8. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Alternative and complementary treatments such as herbal remedies and-'natural'-hormones

Base: All who experienced the menopause and experienced symptoms of it and tried alternative and complementary treatments such as herbal remedies and-'natural'-hormones

|                         |                  | REGION     |            |                          |               |               |          |           |            |            |          |          |                  |  |
|-------------------------|------------------|------------|------------|--------------------------|---------------|---------------|----------|-----------|------------|------------|----------|----------|------------------|--|
|                         |                  | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East     | London    | South East | South West | Wales    | Scotland | Northern Ireland |  |
| Significance Level: 95% |                  | *a         | *b         | *c                       | *d            | *e            | *f       | *g        | *h         | *i         | *j       | *k       | *l               |  |
| Unweighted Total        | 169              | 12         | 22         | 11                       | 14            | 16            | 17       | 25        | 14         | 16         | 10       | 11       | 1                |  |
| Weighted Total          | 167              | 11         | 21         | 10                       | 12            | 15            | 16       | 23        | 20         | 15         | 10       | 11       | 2                |  |
|                         | 100%             | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%     | 100%      | 100%       | 100%       | 100%     | 100%     | 100%             |  |
| Very effective          | (4)<br>25<br>15% | 1<br>8%    | 3<br>14%   | 3<br>36%                 | 1<br>7%       | 3<br>19%      | 3<br>18% | 6<br>28%  | 3<br>14%   | -<br>-     | -<br>-   | 2<br>18% | -<br>-           |  |
| Fairly effective        | (3)<br>73<br>44% | 6<br>50%   | 9<br>41%   | 3<br>27%                 | 7<br>57%      | 2<br>13%      | 6<br>35% | 11<br>48% | 12<br>57%  | 7<br>50%   | 5<br>50% | 4<br>36% | 2<br>100%        |  |
| Not very effective      | (2)<br>37<br>22% | 2<br>17%   | 5<br>23%   | 3<br>36%                 | 3<br>21%      | 6<br>38%      | 6<br>35% | 3<br>12%  | 1<br>7%    | 4<br>25%   | 3<br>30% | 2<br>18% | -<br>-           |  |
| Not at all effective    | (1)<br>23<br>14% | 3<br>25%   | 5<br>23%   | -<br>-                   | -<br>-        | 5<br>31%      | 1<br>6%  | 2<br>8%   | -<br>-     | 4<br>25%   | 2<br>20% | 2<br>18% | -<br>-           |  |
| I don't know            | 9<br>5%          | -<br>-     | -<br>-     | -<br>-                   | 2<br>14%      | -<br>-        | 1<br>6%  | 1<br>4%   | 4<br>21%   | -<br>-     | -<br>-   | 1<br>9%  | -<br>-           |  |
| <b>NETS</b>             |                  |            |            |                          |               |               |          |           |            |            |          |          |                  |  |
| Net: Effective          | 98<br>59%        | 7<br>58%   | 12<br>55%  | 6<br>64%                 | 8<br>64%      | 5<br>31%      | 9<br>53% | 17<br>76% | 14<br>71%  | 7<br>50%   | 5<br>50% | 6<br>55% | 2<br>100%        |  |
| Net: Not effective      | 60<br>36%        | 5<br>42%   | 10<br>45%  | 3<br>36%                 | 3<br>21%      | 10<br>69%     | 7<br>41% | 5<br>20%  | 1<br>7%    | 7<br>50%   | 5<br>50% | 4<br>36% | -<br>-           |  |
| Mean score              | 2.6              | 2.4        | 2.5        | 3.0                      | 2.8           | 2.2           | 2.7      | 3.0       | 3.1        | 2.3        | 2.3      | 2.6      | 3.0              |  |
| Standard deviation      | .92              | 1.00       | 1.01       | .90                      | .58           | 1.11          | .87      | .89       | .53        | .86        | .82      | 1.08     | *                |  |
| Standard error          | .07              | .29        | .22        | .27                      | .17           | .28           | .22      | .18       | .16        | .21        | .26      | .34      | *                |  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q8\_8. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Alternative and complementary treatments such as herbal remedies and-'natural'-hormones

Base: All who experienced the menopause and experienced symptoms of it and tried alternative and complementary treatments such as herbal remedies and-'natural'-hormones

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         |     |               | a          | b             | c          | d            | *e                    |
| Significance Level: 95% |     |               |            |               |            |              |                       |
| Unweighted Total        |     | 169           | 45         | 47            | 55         | 147          | 22                    |
| Weighted Total          |     | 167           | 42         | 44            | 58         | 143          | 23                    |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 25<br>15%     | 7<br>17%   | 7<br>15%      | 9<br>16%   | 23<br>16%    | 2<br>9%               |
| Fairly effective        | (3) | 73<br>44%     | 17<br>40%  | 15<br>34%     | 30<br>52%  | 61<br>43%    | 11<br>48%             |
| Not very effective      | (2) | 37<br>22%     | 10<br>24%  | 14<br>32%     | 8<br>14%   | 32<br>22%    | 5<br>22%              |
|                         |     |               |            | c             |            |              |                       |
| Not at all effective    | (1) | 23<br>14%     | 8<br>18%   | 6<br>13%      | 6<br>10%   | 19<br>13%    | 4<br>17%              |
| I don't know            |     | 9<br>5%       | -<br>-     | 3<br>6%       | 5<br>9%    | 8<br>6%      | 1<br>4%               |
|                         |     |               |            | a             |            |              |                       |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 98<br>59%     | 24<br>58%  | 21<br>49%     | 39<br>68%  | 85<br>59%    | 13<br>56%             |
| Net: Not effective      |     | 60<br>36%     | 18<br>42%  | 20<br>45%     | 13<br>23%  | 51<br>35%    | 9<br>39%              |
|                         |     |               | c          | c             |            |              |                       |
| Mean score              |     | 2.6           | 2.6        | 2.5           | 2.8        | 2.7          | 2.5                   |
| Standard deviation      |     | .92           | .99        | .93           | .85        | .92          | .91                   |
| Standard error          |     | .07           | .15        | .14           | .12        | .08          | .20                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q8\_9. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Another treatment

Base: All who experienced the menopause and experienced symptoms of it and tried another treatment

|                          | Total    | AGE GROUP   |             | SOCIAL GRADE |          | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |
|--------------------------|----------|-------------|-------------|--------------|----------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|
|                          |          | 50-55 years | 56-60 years | ABC1         | C2DE     | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |
| Significance Level: 95%  |          | *a          | *b          | *a           | *b       | *a                             | *b                   | *c                     | *a                        | *b          | *a  | *b                  |
| Unweighted Total         | 15       | 7           | 8           | 5            | 10       | 13                             | 3                    | 8                      | 15                        | -           | 8   | 2                   |
| Weighted Total           | 15       | 7           | 8           | 4            | 10       | 13                             | 4                    | 7                      | 15                        | -           | 8   | 2                   |
|                          | 100%     | 100%        | 100%        | 100%         | 100%     | 100%                           | 100%                 | 100%                   | 100%                      | -           | 100%  | 100%                |
| Very effective (4)       | 2<br>12% | 1<br>14%    | 1<br>11%    | 1<br>20%     | 1<br>9%  | 2<br>14%                       | 1<br>24%             | 1<br>13%               | 2<br>12%                  | -           | -   | 1<br>48%            |
| Fairly effective (3)     | 8<br>51% | 4<br>58%    | 4<br>45%    | 2<br>39%     | 6<br>55% | 8<br>58%                       | 3<br>76%             | 3<br>38%               | 8<br>51%                  | -           | 4<br>45%                                      | -                   |
| Not very effective (2)   | 1<br>6%  | 1<br>14%    | -           | -            | 1<br>9%  | 1<br>7%                        | -                    | 1<br>13%               | 1<br>6%                   | -           | 1<br>11%                                      | -                   |
| Not at all effective (1) | 4<br>25% | -           | 4<br>44%    | 2<br>41%     | 2<br>18% | 2<br>14%                       | -                    | 2<br>24%               | 4<br>25%                  | -           | 3<br>33%                                      | 1<br>52%            |
| I don't know             | 1<br>6%  | 1<br>14%    | -           | -            | 1<br>9%  | 1<br>7%                        | -                    | 1<br>12%               | 1<br>6%                   | -           | 1<br>11%                                      | -                   |
| <b>NETS</b>              |          |             |             |              |          |                                |                      |                        |                           |             |   |                     |
| Net: Effective           | 9<br>63% | 5<br>72%    | 5<br>56%    | 3<br>59%     | 7<br>65% | 9<br>72%                       | 4<br>100%            | 4<br>51%               | 9<br>63%                  | -           | 4<br>45%                                      | 1<br>48%            |
| Net: Not effective       | 5<br>31% | 1<br>14%    | 4<br>44%    | 2<br>41%     | 3<br>27% | 3<br>21%                       | -                    | 3<br>37%               | 5<br>31%                  | -           | 4<br>44%                                      | 1<br>52%            |
| Mean score               | 2.5      | 3.0         | 2.2         | 2.4          | 2.6      | 2.8                            | 3.2                  | 2.4                    | 2.5                       | -           | 2.1   | 2.5                 |
| Standard deviation       | 1.06     | .63         | 1.20        | 1.37         | .96      | .92                            | .50                  | 1.14                   | 1.06                      | -           | .99   | 2.22                |
| Standard error           | .28      | .26         | .43         | .61          | .32      | .27                            | .29                  | .43                    | .28                       | -           | .38   | 1.57                |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q8\_9. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Another treatment

Base: All who experienced the menopause and experienced symptoms of it and tried another treatment

|                         |     | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|-----|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         |     | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         |     | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |
| Significance Level: 95% |     |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total        |     | 15         | 1          | 2                        | 2             | 2             | 3    | 2      | -          | 1          | -     | 1        | 1                |
| Weighted Total          |     | 15         | 1          | 2                        | 2             | 2             | 3    | 2      | -          | 1          | -     | 1        | 2                |
|                         |     | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | -          | 100%       | -     | 100%     | 100%             |
| Very effective          | (4) | 2          | -          | -                        | 1             | -             | 1    | -      | -          | -          | -     | -        | -                |
|                         |     | 12%        | -          | -                        | 50%           | -             | 33%  | -      | -          | -          | -     | -        | -                |
| Fairly effective        | (3) | 8          | 1          | 1                        | 1             | -             | 1    | 1      | -          | -          | -     | 1        | 2                |
|                         |     | 51%        | 100%       | 50%                      | 50%           | -             | 33%  | 50%    | -          | -          | -     | 100%     | 100%             |
| Not very effective      | (2) | 1          | -          | -                        | -             | 1             | -    | -      | -          | -          | -     | -        | -                |
|                         |     | 6%         | -          | -                        | -             | 50%           | -    | -      | -          | -          | -     | -        | -                |
| Not at all effective    | (1) | 4          | -          | 1                        | -             | 1             | 1    | -      | -          | 1          | -     | -        | -                |
|                         |     | 25%        | -          | 50%                      | -             | 50%           | 33%  | -      | -          | 100%       | -     | -        | -                |
| I don't know            |     | 1          | -          | -                        | -             | -             | -    | 1      | -          | -          | -     | -        | -                |
|                         |     | 6%         | -          | -                        | -             | -             | -    | 50%    | -          | -          | -     | -        | -                |
| <b>NETS</b>             |     |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Net: Effective          |     | 9          | 1          | 1                        | 2             | -             | 2    | 1      | -          | -          | -     | 1        | 2                |
|                         |     | 63%        | 100%       | 50%                      | 100%          | -             | 67%  | 50%    | -          | -          | -     | 100%     | 100%             |
| Net: Not effective      |     | 5          | -          | 1                        | -             | 2             | 1    | -      | -          | 1          | -     | -        | -                |
|                         |     | 31%        | -          | 50%                      | -             | 100%          | 33%  | -      | -          | 100%       | -     | -        | -                |
| Mean score              |     | 2.5        | 3.0        | 2.0                      | 3.5           | 1.5           | 2.7  | 3.0    | -          | 1.0        | -     | 3.0      | 3.0              |
| Standard deviation      |     | 1.06       | -          | 1.54                     | .76           | .73           | 1.55 | -      | -          | -          | -     | -        | *                |
| Standard error          |     | .28        | -          | 1.09                     | .53           | .52           | .89  | -      | -          | -          | -     | -        | *                |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### Q8\_9. How effective have the below been at treating your symptoms of the menopause, if at all?

#### Another treatment

Base: All who experienced the menopause and experienced symptoms of it and tried another treatment

|                         |     | REGION GROUPS |            |               |            |              |                       |
|-------------------------|-----|---------------|------------|---------------|------------|--------------|-----------------------|
|                         |     | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |     |               | *a         | *b            | *c         | *d           | *e                    |
| Unweighted Total        |     | 15            | 3          | 7             | 3          | 13           | 2                     |
| Weighted Total          |     | 15            | 3          | 7             | 3          | 12           | 3                     |
|                         |     | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Very effective          | (4) | 2             | -          | 2             | -          | 2            | -                     |
|                         |     | 12%           | -          | 28%           | -          | 15%          | -                     |
| Fairly effective        | (3) | 8             | 2          | 2             | 1          | 5            | 3                     |
|                         |     | 51%           | 68%        | 28%           | 33%        | 38%          | 100%                  |
| Not very effective      | (2) | 1             | -          | 1             | -          | 1            | -                     |
|                         |     | 6%            | -          | 14%           | -          | 8%           | -                     |
| Not at all effective    | (1) | 4             | 1          | 2             | 1          | 4            | -                     |
|                         |     | 25%           | 32%        | 29%           | 34%        | 31%          | -                     |
| I don't know            |     | 1             | -          | -             | 1          | 1            | -                     |
|                         |     | 6%            | -          | -             | 33%        | 8%           | -                     |
| <b>NETS</b>             |     |               |            |               |            |              |                       |
| Net: Effective          |     | 9             | 2          | 4             | 1          | 6            | 3                     |
|                         |     | 63%           | 68%        | 57%           | 33%        | 54%          | 100%                  |
| Net: Not effective      |     | 5             | 1          | 3             | 1          | 5            | -                     |
|                         |     | 31%           | 32%        | 43%           | 34%        | 39%          | -                     |
| Mean score              |     | 2.5           | 2.4        | 2.6           | 2.0        | 2.4          | 3.0                   |
| Standard deviation      |     | 1.06          | 1.18       | 1.28          | 1.48       | 1.17         | *                     |
| Standard error          |     | .28           | .68        | .48           | 1.05       | .34          | *                     |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### Q9. Have you experienced any of the following as a result of the menopause?

Base: All who have experienced the menopause

|  | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|  | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|  | a         | b           | a            | b    | a                              | b                           | c                    | a                         | b                    | a   | b                        |                     |
| Significance Level: 95%                |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total                       | 962       | 507         | 455          | 486  | 476                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total                         | 960       | 504         | 456          | 484  | 477                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|  | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| Made/ making me want to stay at home   | 242       | 138         | 103          | 108  | 134                            | 228                         | 64                   | 99                        | 235                  | 7   | 190                      | 9                   |
|  | 25%       | 27%         | 23%          | 22%  | 28%                            | 25%                         | 23%                  | 26%                       | 28%                  | 6%  | 45%                      | 4%                  |
|  |           |             |              |      | a                              |                             |                      |                           | b                    |   | b                        |                     |
| Reduced enjoyment of life              | 225       | 115         | 110          | 99   | 126                            | 213                         | 60                   | 90                        | 221                  | 4   | 192                      | 2                   |
|  | 23%       | 23%         | 24%          | 20%  | 26%                            | 23%                         | 21%                  | 24%                       | 26%                  | 3%  | 45%                      | 1%                  |
|  |           |             |              |      | a                              |                             |                      |                           | b                    |   | b                        |                     |
| Difficulty coping                      | 181       | 100         | 81           | 79   | 102                            | 167                         | 45                   | 71                        | 178                  | 3   | 157                      | 2                   |
|  | 19%       | 20%         | 18%          | 16%  | 21%                            | 18%                         | 16%                  | 19%                       | 21%                  | 2%  | 37%                      | 1%                  |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Poor mental health                     | 145       | 80          | 65           | 60   | 85                             | 136                         | 32                   | 56                        | 139                  | 6   | 133                      | 2                   |
|  | 15%       | 16%         | 14%          | 12%  | 18%                            | 15%                         | 11%                  | 15%                       | 17%                  | 5%  | 31%                      | 1%                  |
|  |           |             |              |      | a                              |                             |                      |                           | b                    |   | b                        |                     |
| Considered/ considering leaving my job | 50        | 24          | 26           | 28   | 22                             | 46                          | 12                   | 21                        | 49                   | 1   | 34                       | 1                   |
|  | 5%        | 5%          | 6%           | 6%   | 5%                             | 5%                          | 4%                   | 6%                        | 6%                   | 1%  | 8%                       | *                   |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Problems with my family                | 50        | 25          | 25           | 20   | 30                             | 44                          | 12                   | 14                        | 48                   | 2   | 38                       | 1                   |
|  | 5%        | 5%          | 5%           | 4%   | 6%                             | 5%                          | 4%                   | 4%                        | 6%                   | 2%  | 9%                       | *                   |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Stopped/ stopping me from exercising   | 50        | 30          | 20           | 25   | 25                             | 49                          | 13                   | 22                        | 48                   | 2   | 39                       | 1                   |
|  | 5%        | 6%          | 4%           | 5%   | 5%                             | 5%                          | 5%                   | 6%                        | 6%                   | 2%  | 9%                       | 1%                  |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Left/ leaving my job                   | 48        | 26          | 22           | 25   | 23                             | 43                          | 12                   | 21                        | 47                   | 1   | 40                       | 1                   |
|  | 5%        | 5%          | 5%           | 5%   | 5%                             | 5%                          | 4%                   | 6%                        | 6%                   | 1%  | 9%                       | 1%                  |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Became/ becoming closer to my partner  | 30        | 20          | 10           | 8    | 22                             | 28                          | 15                   | 6                         | 29                   | 1   | 20                       | 3                   |
|  | 3%        | 4%          | 2%           | 2%   | 5%                             | 3%                          | 5%                   | 2%                        | 3%                   | 1%  | 5%                       | 1%                  |
|  |           |             |              |      | a                              |                             | c                    |                           | b                    |   | b                        |                     |
| Became/ becoming close to my family    | 17        | 13          | 5            | 9    | 8                              | 17                          | 6                    | 8                         | 15                   | 2   | 10                       | 1                   |
|  | 2%        | 2%          | 1%           | 2%   | 2%                             | 2%                          | 2%                   | 2%                        | 2%                   | 2%  | 2%                       | *                   |
|  |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| None of the above                      | 533       | 259         | 274          | 286  | 246                            | 520                         | 161                  | 210                       | 431                  | 101   | 105                      | 187                 |
|  | 55%       | 51%         | 60%          | 59%  | 52%                            | 56%                         | 57%                  | 56%                       | 51%                  | 87%   | 25%                      | 94%                 |
|  |           |             | a            | b    |                                |                             |                      |                           | a                    |   | a                        |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q9. Have you experienced any of the following as a result of the menopause?

Base: All who have experienced the menopause

|                                | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--------------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                                | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                                |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95%        |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total               | 962       | 507         | 455          | 486  | 476                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total                 | 960       | 504         | 456          | 484  | 477                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                                | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| <b>NETS</b>                    |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Job difficulties          | 90        | 44          | 46           | 49   | 41                             | 81                          | 24                   | 38                        | 88                   | 2   | 66                       | 2                   |
|                                | 9%        | 9%          | 10%          | 10%  | 9%                             | 9%                          | 9%                   | 10%                       | 10%                  | 2%  | 15%                      | 1%                  |
|                                |           |             |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| Net: Closer to family/ partner | 41        | 29          | 12           | 13   | 27                             | 39                          | 20                   | 9                         | 39                   | 2   | 26                       | 3                   |
|                                | 4%        | 6%          | 3%           | 3%   | 6%                             | 4%                          | 7%                   | 2%                        | 5%                   | 2%  | 6%                       | 1%                  |
|                                |           | b           |              |      | a                              |                             | c                    |                           |                      |   | b                        |                     |
| Net: Experiencing difficulty   | 412       | 235         | 177          | 192  | 220                            | 388                         | 110                  | 166                       | 399                  | 13  | 314                      | 11                  |
|                                | 43%       | 47%         | 39%          | 40%  | 46%                            | 42%                         | 39%                  | 44%                       | 47%                  | 11%   | 74%                      | 6%                  |
|                                |           | b           |              |      | a                              |                             |                      |                           | b                    |   | b                        |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### Q9. Have you experienced any of the following as a result of the menopause?

Base: All who have experienced the menopause

|  | Total | REGION     |            |                          |               |               |      |        |            |            |        |          |                  |
|--|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|--------|----------|------------------|
|  |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales  | Scotland | Northern Ireland |
|  |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j      | k        | l                |
| Significance Level: 95%                |       |            |            |                          |               |               |      |        |            |            |        |          |                  |
| Unweighted Total                       | 962   | 47         | 113        | 92                       | 80            | 87            | 97   | 116    | 90         | 90         | 49     | 88       | 13               |
| Weighted Total                         | 960   | 44         | 109        | 80                       | 71            | 82            | 92   | 105    | 130        | 84         | 50     | 88       | 26               |
|  | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%   | 100%     | 100%             |
| Made/ making me want to stay at home   | 242   | 18         | 30         | 19                       | 12            | 24            | 29   | 25     | 22         | 24         | 11     | 20       | 8                |
|  | 25%   | 40%        | 27%        | 24%                      | 18%           | 29%           | 31%  | 24%    | 17%        | 29%        | 22%    | 23%      | 31%              |
|  |       | cdghk      |            |                          |               |               | dh   |        |            |            |        |          |                  |
| Reduced enjoyment of life              | 225   | 17         | 23         | 16                       | 9             | 26            | 27   | 29     | 23         | 12         | 13     | 24       | 6                |
|  | 23%   | 38%        | 21%        | 20%                      | 13%           | 32%           | 29%  | 28%    | 18%        | 14%        | 27%    | 27%      | 23%              |
|  |       | bcdhi      |            |                          |               | dhi           | di   | di     |            |            | d      | di       |                  |
| Difficulty coping                      | 181   | 11         | 21         | 13                       | 11            | 16            | 22   | 20     | 19         | 14         | 13     | 15       | 6                |
|  | 19%   | 26%        | 19%        | 16%                      | 15%           | 20%           | 24%  | 19%    | 14%        | 17%        | 27%    | 17%      | 23%              |
| Poor mental health                     | 145   | 13         | 16         | 10                       | 9             | 13            | 14   | 14     | 13         | 12         | 7      | 19       | 4                |
|  | 15%   | 30%        | 15%        | 12%                      | 13%           | 16%           | 15%  | 14%    | 10%        | 14%        | 14%    | 22%      | 15%              |
|  |       | bcdgghi    |            |                          |               |               |      |        |            |            |        | h        |                  |
| Considered/ considering leaving my job | 50    | 5          | 3          | 3                        | 6             | 5             | 7    | 7      | 4          | 4          | 3      | 3        | -                |
|  | 5%    | 11%        | 3%         | 4%                       | 9%            | 6%            | 7%   | 7%     | 3%         | 4%         | 6%     | 3%       | -                |
|  |       | b          |            |                          |               |               |      |        |            |            |        |          |                  |
| Problems with my family                | 50    | 2          | 2          | 3                        | 4             | 7             | 5    | 7      | 6          | 5          | 2      | 4        | 4                |
|  | 5%    | 4%         | 2%         | 4%                       | 5%            | 8%            | 5%   | 7%     | 4%         | 6%         | 4%     | 5%       | 15%              |
|  |       |            |            |                          |               | b             |      |        |            |            |        |          |                  |
| Stopped/ stopping me from exercising   | 50    | 3          | 7          | 3                        | 3             | 4             | 5    | 5      | 7          | 5          | 4      | 4        | -                |
|  | 5%    | 6%         | 6%         | 4%                       | 4%            | 5%            | 5%   | 5%     | 6%         | 6%         | 8%     | 5%       | -                |
| Left/ leaving my job                   | 48    | -          | 3          | 6                        | 3             | 7             | 7    | 6      | 3          | 4          | 7      | 3        | -                |
|  | 5%    | -          | 3%         | 8%                       | 4%            | 8%            | 7%   | 6%     | 2%         | 4%         | 14%    | 3%       | -                |
|  |       |            |            |                          |               | a             |      |        |            |            | abdhik |          |                  |
| Became/ becoming closer to my partner  | 30    | 2          | 4          | 2                        | -             | 4             | 2    | 5      | 3          | 1          | -      | 4        | 4                |
|  | 3%    | 4%         | 4%         | 2%                       | -             | 5%            | 2%   | 5%     | 2%         | 1%         | -      | 5%       | 15%              |
|  |       |            |            |                          |               |               |      | d      |            |            |        |          |                  |
| Became/ becoming close to my family    | 17    | 1          | 1          | 2                        | 1             | -             | 2    | 5      | 1          | 1          | -      | 2        | 2                |
|  | 2%    | 2%         | 1%         | 2%                       | 1%            | -             | 2%   | 4%     | 1%         | 1%         | -      | 2%       | 8%               |
| None of the above                      | 533   | 21         | 65         | 45                       | 43            | 42            | 49   | 53     | 76         | 48         | 29     | 47       | 14               |
|  | 55%   | 47%        | 59%        | 57%                      | 60%           | 52%           | 54%  | 51%    | 59%        | 58%        | 57%    | 53%      | 54%              |
| <b>NETS</b>                            |       |            |            |                          |               |               |      |        |            |            |        |          |                  |
| Net: Job difficulties                  | 90    | 5          | 6          | 8                        | 8             | 9             | 11   | 13     | 7          | 7          | 9      | 6        | -                |
|  | 9%    | 11%        | 5%         | 10%                      | 11%           | 11%           | 12%  | 12%    | 6%         | 9%         | 18%    | 7%       | -                |
|  |       |            |            |                          |               |               |      |        |            |            | bhk    |          |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q9. Have you experienced any of the following as a result of the menopause?

Base: All who have experienced the menopause

|                                | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|--------------------------------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                                | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
| Significance Level: 95%        | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |      |
| Unweighted Total               | 962        | 47         | 113                      | 92            | 80            | 87   | 97     | 116        | 90         | 90    | 49       | 88               | 13   |
| Weighted Total                 | 960        | 44         | 109                      | 80            | 71            | 82   | 92     | 105        | 130        | 84    | 50       | 88               | 26   |
|                                | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Net: Closer to family/ partner | 41         | 2          | 4                        | 3             | 1             | 4    | 4      | 8          | 4          | 2     | -        | 5                | 4    |
|                                | 4%         | 4%         | 4%                       | 4%            | 1%            | 5%   | 4%     | 8%         | 3%         | 2%    | -        | 6%               | 15%  |
|                                |            |            |                          |               |               |      | dj     |            |            |       |          |                  |      |
| Net: Experiencing difficulty   | 412        | 24         | 44                       | 33            | 28            | 40   | 43     | 49         | 49         | 35    | 22       | 38               | 10   |
|                                | 43%        | 53%        | 40%                      | 41%           | 39%           | 48%  | 46%    | 47%        | 38%        | 42%   | 43%      | 43%              | 38%  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### Q9. Have you experienced any of the following as a result of the menopause?

Base: All who have experienced the menopause

|  | REGION GROUPS |            |               |            |              |                       |
|--|---------------|------------|---------------|------------|--------------|-----------------------|
|  | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|  | a             | b          | c             | d          | e            |                       |
| Significance Level: 95%                |               |            |               |            |              |                       |
| Unweighted Total                       | 962           | 252        | 264           | 296        | 812          | 150                   |
| Weighted Total                         | 960           | 233        | 245           | 318        | 796          | 164                   |
|  | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Made/ making me want to stay at home   | 242           | 67         | 64            | 71         | 202          | 39                    |
|  | 25%           | 29%        | 26%           | 22%        | 25%          | 24%                   |
| Reduced enjoyment of life              | 225           | 56         | 62            | 64         | 182          | 43                    |
|  | 23%           | 24%        | 25%           | 20%        | 23%          | 26%                   |
| Difficulty coping                      | 181           | 46         | 49            | 53         | 147          | 34                    |
|  | 19%           | 20%        | 20%           | 17%        | 18%          | 21%                   |
| Poor mental health                     | 145           | 39         | 36            | 40         | 115          | 30                    |
|  | 15%           | 17%        | 15%           | 12%        | 14%          | 18%                   |
| Considered/ considering leaving my job | 50            | 11         | 18            | 15         | 44           | 6                     |
|  | 5%            | 5%         | 7%            | 5%         | 6%           | 4%                    |
| Problems with my family                | 50            | 7          | 15            | 18         | 40           | 10                    |
|  | 5%            | 3%         | 6%            | 6%         | 5%           | 6%                    |
| Stopped/ stopping me from exercising   | 50            | 13         | 11            | 17         | 42           | 8                     |
|  | 5%            | 6%         | 5%            | 5%         | 5%           | 5%                    |
| Left/ leaving my job                   | 48            | 9          | 16            | 13         | 38           | 10                    |
|  | 5%            | 4%         | 6%            | 4%         | 5%           | 6%                    |
| Became/ becoming closer to my partner  | 30            | 7          | 6             | 9          | 22           | 8                     |
|  | 3%            | 3%         | 2%            | 3%         | 3%           | 5%                    |
| Became/ becoming close to my family    | 17            | 4          | 3             | 7          | 13           | 4                     |
|  | 2%            | 2%         | 1%            | 2%         | 2%           | 2%                    |
| None of the above                      | 533           | 131        | 134           | 178        | 443          | 90                    |
|  | 55%           | 56%        | 55%           | 56%        | 56%          | 55%                   |
| <b>NETS</b>                            |               |            |               |            |              |                       |
| Net: Job difficulties                  | 90            | 18         | 29            | 27         | 74           | 15                    |
|  | 9%            | 8%         | 12%           | 9%         | 9%           | 9%                    |
| Net: Closer to family/ partner         | 41            | 9          | 8             | 14         | 32           | 9                     |
|  | 4%            | 4%         | 3%            | 4%         | 4%           | 5%                    |
| Net: Experiencing difficulty           | 412           | 100        | 110           | 133        | 343          | 69                    |
|  | 43%           | 43%        | 45%           | 42%        | 43%          | 42%                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S1. Are you ...

Base: All respondents

|                         | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |      |
|-------------------------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|------|
|                         | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |      |
| Total                   | a           | b           | a            | b    | a                              | b                    | c                      | a                         | b           | a   | b                   |      |
| Significance Level: 95% |             |             |              |      |                                |                      |                        |                           |             |   |                     |      |
| Unweighted Total        | 1009        | 545         | 464          | 515  | 494                            | 925                  | 282                    | 382                       | 845         | 117   | 430                 | 197  |
| Weighted Total          | 1009        | 543         | 466          | 513  | 496                            | 924                  | 281                    | 378                       | 844         | 116   | 426                 | 199  |
|                         | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | 100%        | 100%  | 100%                | 100% |
| Male                    | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   | -    |
|                         | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   | -    |
| Female                  | 1009        | 543         | 466          | 513  | 496                            | 924                  | 281                    | 378                       | 844         | 116   | 426                 | 199  |
|                         | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | 100%        | 100%  | 100%                | 100% |
| Prefer not to say       | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   | -    |
|                         | -           | -           | -            | -    | -                              | -                    | -                      | -                         | -           | -   | -                   | -    |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### S1. Are you ...

Base: All respondents

Significance Level: 95%

|                   | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |      |
|-------------------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|------|
|                   | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |      |
| Total             | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |      |
| Unweighted Total  | 1009       | 48         | 118                      | 98            | 83            | 93   | 100    | 118        | 97         | 97    | 50       | 93               | 14   |
| Weighted Total    | 1009       | 45         | 114                      | 85            | 74            | 88   | 95     | 107        | 140        | 90    | 51       | 93               | 28   |
|                   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Male              | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                | -    |
| Female            | 1009       | 45         | 114                      | 85            | 74            | 88   | 95     | 107        | 140        | 90    | 51       | 93               | 28   |
|                   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             | 100% |
| Prefer not to say | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                | -    |
|                   | -          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                | -    |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

**S1. Are you ...**  
Base: All respondents

|                         | REGION GROUPS |            |               |            |              |                       |
|-------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                         | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         |               | a          | b             | c          | d            | e                     |
| Significance Level: 95% |               |            |               |            |              |                       |
| Unweighted Total        | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total          | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Male                    | -             | -          | -             | -          | -            | -                     |
|                         | -             | -          | -             | -          | -            | -                     |
| Female                  | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Prefer not to say       | -             | -          | -             | -          | -            | -                     |
|                         | -             | -          | -             | -          | -            | -                     |

Columns Tested: a,b,c,d,e

### JN303687 Menopause Poll 2017

**How old are you?**  
Base: All respondents

|                         | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|-------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                         | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                         |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95% |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total        | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total          | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                         | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| 50                      | 89        | 89          | -            | 50   | 39                             | 74                          | 18                   | 32                        | 63                   | 13  | 34                       | 13                  |
|                         | 9%        | 16%         | -            | 10%  | 8%                             | 8%                          | 6%                   | 9%                        | 7%                   | 11%   | 8%                       | 6%                  |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| 51                      | 84        | 84          | -            | 41   | 43                             | 69                          | 24                   | 24                        | 62                   | 9   | 31                       | 16                  |
|                         | 8%        | 15%         | -            | 8%   | 9%                             | 8%                          | 8%                   | 6%                        | 7%                   | 8%  | 7%                       | 8%                  |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| 52                      | 83        | 83          | -            | 40   | 43                             | 77                          | 22                   | 28                        | 68                   | 10  | 39                       | 17                  |
|                         | 8%        | 15%         | -            | 8%   | 9%                             | 8%                          | 8%                   | 7%                        | 8%                   | 8%  | 9%                       | 8%                  |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| 53                      | 93        | 93          | -            | 54   | 39                             | 83                          | 26                   | 34                        | 75                   | 12  | 37                       | 24                  |
|                         | 9%        | 17%         | -            | 10%  | 8%                             | 9%                          | 9%                   | 9%                        | 9%                   | 10%   | 9%                       | 12%                 |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| 54                      | 100       | 100         | -            | 53   | 47                             | 95                          | 28                   | 45                        | 93                   | 6   | 52                       | 13                  |
|                         | 10%       | 18%         | -            | 10%  | 9%                             | 10%                         | 10%                  | 12%                       | 11%                  | 5%  | 12%                      | 7%                  |
|                         |           | b           |              |      |                                |                             |                      |                           | b                    |   | b                        |                     |
| 55                      | 94        | 94          | -            | 46   | 48                             | 90                          | 24                   | 41                        | 85                   | 8   | 48                       | 16                  |
|                         | 9%        | 17%         | -            | 9%   | 10%                            | 10%                         | 9%                   | 11%                       | 10%                  | 7%  | 11%                      | 8%                  |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| 56                      | 101       | -           | 101          | 40   | 61                             | 96                          | 26                   | 37                        | 92                   | 9   | 45                       | 20                  |
|                         | 10%       | -           | 22%          | 8%   | 12%                            | 10%                         | 9%                   | 10%                       | 11%                  | 8%  | 11%                      | 10%                 |
|                         |           |             | a            |      | a                              |                             |                      |                           |                      |   |                          |                     |
| 57                      | 103       | -           | 103          | 58   | 44                             | 92                          | 31                   | 39                        | 85                   | 14  | 35                       | 25                  |
|                         | 10%       | -           | 22%          | 11%  | 9%                             | 10%                         | 11%                  | 10%                       | 10%                  | 12%   | 8%                       | 12%                 |
|                         |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |
| 58                      | 102       | -           | 102          | 51   | 51                             | 94                          | 30                   | 39                        | 87                   | 12  | 44                       | 17                  |
|                         | 10%       | -           | 22%          | 10%  | 10%                            | 10%                         | 11%                  | 10%                       | 10%                  | 11%   | 10%                      | 8%                  |
|                         |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |
| 59                      | 68        | -           | 68           | 29   | 39                             | 66                          | 24                   | 22                        | 57                   | 9   | 29                       | 16                  |
|                         | 7%        | -           | 15%          | 6%   | 8%                             | 7%                          | 9%                   | 6%                        | 7%                   | 8%  | 7%                       | 8%                  |
|                         |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |
| 60                      | 92        | -           | 92           | 52   | 40                             | 87                          | 29                   | 36                        | 77                   | 14  | 30                       | 23                  |
|                         | 9%        | -           | 20%          | 10%  | 8%                             | 9%                          | 10%                  | 10%                       | 9%                   | 12%   | 7%                       | 12%                 |
|                         |           |             | a            |      |                                |                             |                      |                           |                      |   |                          |                     |
| <b>NETS</b>             |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: 50 - 55            | 543       | 543         | -            | 283  | 260                            | 488                         | 141                  | 204                       | 447                  | 57  | 242                      | 98                  |
|                         | 54%       | 100%        | -            | 55%  | 52%                            | 53%                         | 50%                  | 54%                       | 53%                  | 49%   | 57%                      | 49%                 |
|                         |           | b           |              |      |                                |                             |                      |                           |                      |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

Fieldwork: 8th - 18th December 2017

Prepared by ComRes



## JN303687 Menopause Poll 2017

### How old are you?

Base: All respondents

|                         | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |      |
|-------------------------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|------|
|                         | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |      |
| Total                   | a           | b           | a            | b    | a                              | b                    | c                      | a                         | b           | a   | b                   |      |
| Significance Level: 95% |             |             |              |      |                                |                      |                        |                           |             |   |                     |      |
| Unweighted Total        | 1009        | 545         | 464          | 515  | 494                            | 925                  | 282                    | 382                       | 845         | 117   | 430                 | 197  |
| Weighted Total          | 1009        | 543         | 466          | 513  | 496                            | 924                  | 281                    | 378                       | 844         | 116   | 426                 | 199  |
|                         | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | 100%        | 100%  | 100%                | 100% |
| Net: 56 - 60            | 466         | -           | 466          | 230  | 236                            | 436                  | 140                    | 174                       | 397         | 59  | 184                 | 101  |
|                         | 46%         | -           | 100%         | 45%  | 48%                            | 47%                  | 50%                    | 46%                       | 47%         | 51%   | 43%                 | 51%  |
|                         |             |             | a            |      |                                |                      |                        |                           |             |   |                     |      |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

### JN303687 Menopause Poll 2017

**How old are you?**  
Base: All respondents

|                         | Total | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95% |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total        | 1009  | 48         | 118        | 98                       | 83            | 93            | 100  | 118    | 97         | 97         | 50    | 93       | 14               |
| Weighted Total          | 1009  | 45         | 114        | 85                       | 74            | 88            | 95   | 107    | 140        | 90         | 51    | 93       | 28               |
|                         | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| 50                      | 89    | 4          | 10         | 10                       | 5             | 7             | 9    | 16     | 10         | 9          | 4     | 6        | -                |
|                         | 9%    | 8%         | 8%         | 11%                      | 7%            | 8%            | 9%   | 15%    | 7%         | 10%        | 8%    | 6%       | -                |
|                         |       |            |            |                          |               |               |      | k      |            |            |       |          |                  |
| 51                      | 84    | 8          | 7          | 13                       | 3             | 9             | 6    | 5      | 10         | 8          | 3     | 8        | 4                |
|                         | 8%    | 19%        | 6%         | 15%                      | 4%            | 11%           | 6%   | 4%     | 7%         | 9%         | 6%    | 9%       | 14%              |
|                         |       | bdfgh      |            | bdfg                     |               |               |      |        |            |            |       |          |                  |
| 52                      | 83    | 5          | 10         | 5                        | 5             | 7             | 10   | 11     | 13         | 9          | 2     | 6        | -                |
|                         | 8%    | 10%        | 8%         | 6%                       | 7%            | 8%            | 11%  | 10%    | 9%         | 10%        | 4%    | 6%       | -                |
| 53                      | 93    | 2          | 8          | 11                       | 10            | 8             | 8    | 12     | 12         | 6          | 2     | 10       | 6                |
|                         | 9%    | 4%         | 7%         | 13%                      | 13%           | 9%            | 8%   | 11%    | 8%         | 6%         | 4%    | 11%      | 21%              |
| 54                      | 100   | 4          | 9          | 6                        | 7             | 13            | 8    | 8      | 16         | 12         | 7     | 8        | 2                |
|                         | 10%   | 8%         | 8%         | 7%                       | 10%           | 15%           | 8%   | 8%     | 11%        | 13%        | 14%   | 9%       | 7%               |
| 55                      | 94    | 2          | 14         | 7                        | 5             | 5             | 8    | 8      | 16         | 11         | 6     | 13       | -                |
|                         | 9%    | 4%         | 12%        | 8%                       | 7%            | 5%            | 8%   | 8%     | 11%        | 12%        | 12%   | 14%      | -                |
|                         |       |            |            |                          |               |               |      |        |            |            |       | e        |                  |
| 56                      | 101   | 6          | 15         | 8                        | 13            | 7             | 6    | 6      | 16         | 7          | 4     | 10       | 4                |
|                         | 10%   | 13%        | 14%        | 9%                       | 18%           | 8%            | 6%   | 6%     | 11%        | 7%         | 8%    | 11%      | 14%              |
|                         |       |            | g          |                          | efgi          |               |      |        |            |            |       |          |                  |
| 57                      | 103   | 4          | 13         | 5                        | 8             | 16            | 12   | 13     | 9          | 7          | 6     | 6        | 4                |
|                         | 10%   | 8%         | 11%        | 6%                       | 11%           | 18%           | 13%  | 12%    | 6%         | 8%         | 12%   | 6%       | 14%              |
|                         |       |            |            |                          |               | chik          |      |        |            |            |       |          |                  |
| 58                      | 102   | 4          | 11         | 10                       | 5             | 8             | 7    | 15     | 19         | 7          | 6     | 8        | 2                |
|                         | 10%   | 8%         | 9%         | 11%                      | 7%            | 10%           | 7%   | 14%    | 13%        | 8%         | 12%   | 9%       | 7%               |
| 59                      | 68    | 4          | 12         | 4                        | 4             | 6             | 9    | 3      | 7          | 5          | 4     | 11       | -                |
|                         | 7%    | 8%         | 10%        | 5%                       | 6%            | 6%            | 9%   | 3%     | 5%         | 5%         | 8%    | 12%      | -                |
|                         |       |            | g          |                          |               |               | g    |        |            |            |       | g        |                  |
| 60                      | 92    | 4          | 8          | 6                        | 7             | 3             | 14   | 10     | 13         | 8          | 6     | 7        | 6                |
|                         | 9%    | 8%         | 7%         | 7%                       | 10%           | 3%            | 15%  | 9%     | 9%         | 9%         | 12%   | 8%       | 21%              |
|                         |       |            |            |                          |               |               | e    |        |            |            | e     |          |                  |
| <b>NETS</b>             |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Net: 50 - 55            | 543   | 24         | 56         | 52                       | 36            | 48            | 48   | 60     | 76         | 56         | 25    | 51       | 12               |
|                         | 54%   | 54%        | 49%        | 61%                      | 48%           | 55%           | 50%  | 56%    | 55%        | 62%        | 48%   | 55%      | 43%              |
| Net: 56 - 60            | 466   | 21         | 58         | 33                       | 38            | 40            | 48   | 47     | 63         | 34         | 27    | 42       | 16               |
|                         | 46%   | 46%        | 51%        | 39%                      | 52%           | 45%           | 50%  | 44%    | 45%        | 38%        | 52%   | 45%      | 57%              |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### How old are you?

Base: All respondents

|                         | REGION GROUPS |            |               |            |              |                       |
|-------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                         | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |               | a          | b             | c          | d            | e                     |
| Unweighted Total        | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total          | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| 50                      | 89<br>9%      | 23<br>9%   | 20<br>8%      | 36<br>11%  | 79<br>9%     | 10<br>6%              |
| 51                      | 84<br>8%      | 28<br>12%  | 18<br>7%      | 23<br>7%   | 69<br>8%     | 15<br>9%              |
|                         |               | c          |               |            |              |                       |
| 52                      | 83<br>8%      | 20<br>8%   | 22<br>9%      | 33<br>10%  | 75<br>9%     | 8<br>5%               |
| 53                      | 93<br>9%      | 21<br>9%   | 25<br>10%     | 29<br>9%   | 75<br>9%     | 18<br>10%             |
| 54                      | 100<br>10%    | 19<br>8%   | 28<br>11%     | 36<br>11%  | 82<br>10%    | 17<br>10%             |
| 55                      | 94<br>9%      | 22<br>9%   | 18<br>7%      | 35<br>10%  | 75<br>9%     | 19<br>11%             |
| 56                      | 101<br>10%    | 29<br>12%  | 26<br>10%     | 29<br>9%   | 83<br>10%    | 18<br>11%             |
| 57                      | 103<br>10%    | 22<br>9%   | 36<br>14%     | 29<br>9%   | 87<br>10%    | 16<br>9%              |
|                         |               |            | c             |            |              |                       |
| 58                      | 102<br>10%    | 24<br>10%  | 20<br>8%      | 42<br>12%  | 86<br>10%    | 16<br>9%              |
| 59                      | 68<br>7%      | 20<br>8%   | 19<br>7%      | 15<br>4%   | 53<br>6%     | 15<br>9%              |
| 60                      | 92<br>9%      | 18<br>7%   | 24<br>9%      | 31<br>9%   | 73<br>9%     | 19<br>11%             |
| <b>NETS</b>             |               |            |               |            |              |                       |
| Net: 50 - 55            | 543<br>54%    | 132<br>54% | 131<br>51%    | 192<br>57% | 455<br>54%   | 87<br>51%             |
| Net: 56 - 60            | 466<br>46%    | 112<br>46% | 125<br>49%    | 145<br>43% | 382<br>46%   | 85<br>49%             |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                          | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                          | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
| Significance Level: 95%  |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Unweighted Total         | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total           | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                          | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| North East               | 45        | 24          | 21           | 19   | 26                             | 43                          | 14                   | 18                        | 42                   | 2   | 26                       | 8                   |
|                          | 4%        | 5%          | 4%           | 4%   | 5%                             | 5%                          | 5%                   | 5%                        | 5%                   | 2%  | 6%                       | 4%                  |
| North West               | 114       | 56          | 58           | 40   | 74                             | 104                         | 28                   | 45                        | 92                   | 17  | 49                       | 19                  |
|                          | 11%       | 10%         | 12%          | 8%   | 15%                            | 11%                         | 10%                  | 12%                       | 11%                  | 15%   | 12%                      | 10%                 |
| Yorkshire and The Humber | 85        | 52          | 33           | 51   | 34                             | 77                          | 30                   | 29                        | 71                   | 9   | 29                       | 17                  |
|                          | 8%        | 10%         | 7%           | 10%  | 7%                             | 8%                          | 11%                  | 8%                        | 8%                   | 7%  | 7%                       | 9%                  |
| East Midlands            | 74        | 36          | 38           | 44   | 30                             | 65                          | 14                   | 25                        | 63                   | 8   | 31                       | 15                  |
|                          | 7%        | 7%          | 8%           | 8%   | 6%                             | 7%                          | 5%                   | 7%                        | 7%                   | 7%  | 7%                       | 8%                  |
| West Midlands            | 88        | 48          | 40           | 34   | 54                             | 78                          | 21                   | 33                        | 76                   | 6   | 47                       | 13                  |
|                          | 9%        | 9%          | 8%           | 7%   | 11%                            | 8%                          | 7%                   | 9%                        | 9%                   | 5%  | 11%                      | 7%                  |
| East                     | 95        | 48          | 48           | 49   | 46                             | 91                          | 23                   | 51                        | 84                   | 9   | 42                       | 20                  |
|                          | 9%        | 9%          | 10%          | 10%  | 9%                             | 10%                         | 8%                   | 14%                       | 10%                  | 7%  | 10%                      | 10%                 |
| London                   | 107       | 60          | 47           | 71   | 35                             | 98                          | 37                   | 42                        | 96                   | 9   | 48                       | 21                  |
|                          | 11%       | 11%         | 10%          | 14%  | 7%                             | 11%                         | 13%                  | 11%                       | 11%                  | 8%  | 11%                      | 10%                 |
| South East               | 140       | 76          | 63           | 81   | 59                             | 127                         | 37                   | 50                        | 115                  | 14  | 50                       | 25                  |
|                          | 14%       | 14%         | 14%          | 16%  | 12%                            | 14%                         | 13%                  | 13%                       | 14%                  | 12%   | 12%                      | 12%                 |
| South West               | 90        | 56          | 34           | 47   | 43                             | 81                          | 23                   | 29                        | 65                   | 19  | 36                       | 19                  |
|                          | 9%        | 10%         | 7%           | 9%   | 9%                             | 9%                          | 8%                   | 8%                        | 8%                   | 16%   | 9%                       | 9%                  |
| Wales                    | 51        | 25          | 27           | 27   | 25                             | 49                          | 17                   | 22                        | 45                   | 5   | 20                       | 14                  |
|                          | 5%        | 5%          | 6%           | 5%   | 5%                             | 5%                          | 6%                   | 6%                        | 5%                   | 4%  | 5%                       | 7%                  |
| Scotland                 | 93        | 51          | 42           | 41   | 52                             | 86                          | 28                   | 29                        | 71                   | 17  | 37                       | 18                  |
|                          | 9%        | 9%          | 9%           | 8%   | 10%                            | 9%                          | 10%                  | 8%                        | 8%                   | 15%   | 9%                       | 9%                  |
| Northern Ireland         | 28        | 12          | 16           | 10   | 18                             | 24                          | 8                    | 4                         | 24                   | 2   | 10                       | 10                  |
|                          | 3%        | 2%          | 3%           | 2%   | 4%                             | 3%                          | 3%                   | 1%                        | 3%                   | 2%  | 2%                       | 5%                  |
| None of the above        | -         | -           | -            | -    | -                              | -                           | -                    | -                         | -                    | -   | -                        | -                   |
|                          | -         | -           | -            | -    | -                              | -                           | -                    | -                         | -                    | -   | -                        | -                   |
| <b>NETS</b>              |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: England             | 837       | 455         | 382          | 436  | 401                            | 765                         | 228                  | 324                       | 704                  | 92  | 360                      | 156                 |
|                          | 83%       | 84%         | 82%          | 85%  | 81%                            | 83%                         | 81%                  | 86%                       | 83%                  | 79%   | 84%                      | 79%                 |

Columns Tested: a, b - a, b - a, b, c - a, b - a, b

## JN303687 Menopause Poll 2017

### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                         | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|-------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                         | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                         | a         | b           | a            | b    | a                              | b                           | c                    | a                         | b                    | a   | b                        |                     |
| Significance Level: 95% |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total        | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total          | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                         | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| Net: North              | 244       | 132         | 112          | 110  | 135                            | 225                         | 72                   | 93                        | 205                  | 28  | 105                      | 44                  |
|                         | 24%       | 24%         | 24%          | 21%  | 27%                            | 24%                         | 26%                  | 25%                       | 24%                  | 24%   | 25%                      | 22%                 |
|                         |           |             |              |      | a                              |                             |                      |                           |                      |   |                          |                     |
| Net: Midlands           | 256       | 131         | 125          | 127  | 129                            | 234                         | 58                   | 109                       | 223                  | 22  | 120                      | 48                  |
|                         | 25%       | 24%         | 27%          | 25%  | 26%                            | 25%                         | 21%                  | 29%                       | 26%                  | 19%   | 28%                      | 24%                 |
|                         |           |             |              |      |                                |                             |                      | b                         |                      |   |                          |                     |
| Net: South              | 337       | 192         | 145          | 199  | 137                            | 306                         | 98                   | 122                       | 276                  | 42  | 135                      | 64                  |
|                         | 33%       | 35%         | 31%          | 39%  | 28%                            | 33%                         | 35%                  | 32%                       | 33%                  | 36%   | 32%                      | 32%                 |
|                         |           |             |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Devolved regions   | 172       | 87          | 85           | 78   | 94                             | 159                         | 53                   | 55                        | 140                  | 24  | 66                       | 42                  |
|                         | 17%       | 16%         | 18%          | 15%  | 19%                            | 17%                         | 19%                  | 14%                       | 17%                  | 21%   | 16%                      | 21%                 |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

### JN303687 Menopause Poll 2017

#### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                          | Total | REGION      |            |                          |               |               |      |        |            |            |       |          |                  |
|--------------------------|-------|-------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                          |       | North East  | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                          |       | a           | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95%  |       |             |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total         | 1009  | 48          | 118        | 98                       | 83            | 93            | 100  | 118    | 97         | 97         | 50    | 93       | 14               |
| Weighted Total           | 1009  | 45          | 114        | 85                       | 74            | 88            | 95   | 107    | 140        | 90         | 51    | 93       | 28               |
|                          | 100%  | 100%        | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| North East               | 45    | 45          | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          | 4%    | 100%        | -          | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          |       | bcdefghijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| North West               | 114   | -           | 114        | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          | 11%   | -           | 100%       | -                        | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          |       | acdefghijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| Yorkshire and The Humber | 85    | -           | -          | 85                       | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          | 8%    | -           | -          | 100%                     | -             | -             | -    | -      | -          | -          | -     | -        | -                |
|                          |       | abdefghijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| East Midlands            | 74    | -           | -          | -                        | 74            | -             | -    | -      | -          | -          | -     | -        | -                |
|                          | 7%    | -           | -          | -                        | 100%          | -             | -    | -      | -          | -          | -     | -        | -                |
|                          |       | abcefghijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| West Midlands            | 88    | -           | -          | -                        | -             | 88            | -    | -      | -          | -          | -     | -        | -                |
|                          | 9%    | -           | -          | -                        | -             | 100%          | -    | -      | -          | -          | -     | -        | -                |
|                          |       | abcdcfghijk |            |                          |               |               |      |        |            |            |       |          |                  |
| East                     | 95    | -           | -          | -                        | -             | -             | 95   | -      | -          | -          | -     | -        | -                |
|                          | 9%    | -           | -          | -                        | -             | -             | 100% | -      | -          | -          | -     | -        | -                |
|                          |       | abcdeghijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| London                   | 107   | -           | -          | -                        | -             | -             | -    | 107    | -          | -          | -     | -        | -                |
|                          | 11%   | -           | -          | -                        | -             | -             | -    | 100%   | -          | -          | -     | -        | -                |
|                          |       | abcdefhijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| South East               | 140   | -           | -          | -                        | -             | -             | -    | -      | 140        | -          | -     | -        | -                |
|                          | 14%   | -           | -          | -                        | -             | -             | -    | -      | 100%       | -          | -     | -        | -                |
|                          |       | abcdefgijk  |            |                          |               |               |      |        |            |            |       |          |                  |
| South West               | 90    | -           | -          | -                        | -             | -             | -    | -      | -          | 90         | -     | -        | -                |
|                          | 9%    | -           | -          | -                        | -             | -             | -    | -      | -          | 100%       | -     | -        | -                |
|                          |       | abcdefghjk  |            |                          |               |               |      |        |            |            |       |          |                  |
| Wales                    | 51    | -           | -          | -                        | -             | -             | -    | -      | -          | -          | 51    | -        | -                |
|                          | 5%    | -           | -          | -                        | -             | -             | -    | -      | -          | -          | 100%  | -        | -                |
|                          |       | abcdeghik   |            |                          |               |               |      |        |            |            |       |          |                  |
| Scotland                 | 93    | -           | -          | -                        | -             | -             | -    | -      | -          | -          | -     | 93       | -                |
|                          | 9%    | -           | -          | -                        | -             | -             | -    | -      | -          | -          | -     | 100%     | -                |
|                          |       | abcdefghij  |            |                          |               |               |      |        |            |            |       |          |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                         | Total | REGION     |            |                          |               |               |          |          |            |            |           |           |                  |
|-------------------------|-------|------------|------------|--------------------------|---------------|---------------|----------|----------|------------|------------|-----------|-----------|------------------|
|                         |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East     | London   | South East | South West | Wales     | Scotland  | Northern Ireland |
|                         |       | a          | b          | c                        | d             | e             | f        | g        | h          | i          | j         | k         | l                |
| Significance Level: 95% |       |            |            |                          |               |               |          |          |            |            |           |           |                  |
| Unweighted Total        | 1009  | 48         | 118        | 98                       | 83            | 93            | 100      | 118      | 97         | 97         | 50        | 93        | 14               |
| Weighted Total          | 1009  | 45         | 114        | 85                       | 74            | 88            | 95       | 107      | 140        | 90         | 51        | 93        | 28               |
|                         | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%     | 100%     | 100%       | 100%       | 100%      | 100%      | 100%             |
| Northern Ireland        | 28    | -          | -          | -                        | -             | -             | -        | -        | -          | -          | -         | -         | 28               |
|                         | 3%    | -          | -          | -                        | -             | -             | -        | -        | -          | -          | -         | -         | 100%             |
| None of the above       | -     | -          | -          | -                        | -             | -             | -        | -        | -          | -          | -         | -         | -                |
|                         | -     | -          | -          | -                        | -             | -             | -        | -        | -          | -          | -         | -         | -                |
| <b>NETS</b>             |       |            |            |                          |               |               |          |          |            |            |           |           |                  |
| Net: England            | 837   | 45         | 114        | 85                       | 74            | 88            | 95       | 107      | 140        | 90         | -         | -         | -                |
|                         | 83%   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%     | 100%     | 100%       | 100%       | -         | -         | -                |
|                         |       | jk         | jk         | jk                       | jk            | jk            | jk       | jk       | jk         | jk         |           |           |                  |
| Net: North              | 244   | 45         | 114        | 85                       | -             | -             | -        | -        | -          | -          | -         | -         | -                |
|                         | 24%   | 100%       | 100%       | 100%                     | -             | -             | -        | -        | -          | -          | -         | -         | -                |
|                         |       | defghijk   | defghijk   | defghijk                 |               |               |          |          |            |            |           |           |                  |
| Net: Midlands           | 256   | -          | -          | -                        | 74            | 88            | 95       | -        | -          | -          | -         | -         | -                |
|                         | 25%   | -          | -          | -                        | 100%          | 100%          | 100%     | -        | -          | -          | -         | -         | -                |
|                         |       |            |            |                          | abcghijk      | abcghijk      | abcghijk |          |            |            |           |           |                  |
| Net: South              | 337   | -          | -          | -                        | -             | -             | -        | 107      | 140        | 90         | -         | -         | -                |
|                         | 33%   | -          | -          | -                        | -             | -             | -        | 100%     | 100%       | 100%       | -         | -         | -                |
|                         |       |            |            |                          |               |               |          | abcdefjk | abcdefjk   | abcdefjk   |           |           |                  |
| Net: Devolved regions   | 172   | -          | -          | -                        | -             | -             | -        | -        | -          | -          | 51        | 93        | 28               |
|                         | 17%   | -          | -          | -                        | -             | -             | -        | -        | -          | -          | 100%      | 100%      | 100%             |
|                         |       |            |            |                          |               |               |          |          |            |            | abcdefghi | abcdefghi |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                          | REGION GROUPS |            |               |            |              | Net: Devolved regions |
|--------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                          | Total         | Net: North | Net: Midlands | Net: South | Net: England |                       |
| Significance Level: 95%  |               | a          | b             | c          | d            | e                     |
| Unweighted Total         | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total           | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                          | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| North East               | 45<br>4%      | 45<br>18%  | -<br>-        | -<br>-     | 45<br>5%     | -<br>-                |
|                          |               | bcd        |               |            | bce          |                       |
| North West               | 114<br>11%    | 114<br>47% | -<br>-        | -<br>-     | 114<br>14%   | -<br>-                |
|                          |               | bcd        |               |            | bce          |                       |
| Yorkshire and The Humber | 85<br>8%      | 85<br>35%  | -<br>-        | -<br>-     | 85<br>10%    | -<br>-                |
|                          |               | bcd        |               |            | bce          |                       |
| East Midlands            | 74<br>7%      | -<br>-     | 74<br>29%     | -<br>-     | 74<br>9%     | -<br>-                |
|                          |               |            | acde          |            | ace          |                       |
| West Midlands            | 88<br>9%      | -<br>-     | 88<br>34%     | -<br>-     | 88<br>10%    | -<br>-                |
|                          |               |            | acde          |            | ace          |                       |
| East                     | 95<br>9%      | -<br>-     | 95<br>37%     | -<br>-     | 95<br>11%    | -<br>-                |
|                          |               |            | acde          |            | ace          |                       |
| London                   | 107<br>11%    | -<br>-     | -<br>-        | 107<br>32% | 107<br>13%   | -<br>-                |
|                          |               |            |               | abde       | abe          |                       |
| South East               | 140<br>14%    | -<br>-     | -<br>-        | 140<br>42% | 140<br>17%   | -<br>-                |
|                          |               |            |               | abde       | abe          |                       |
| South West               | 90<br>9%      | -<br>-     | -<br>-        | 90<br>27%  | 90<br>11%    | -<br>-                |
|                          |               |            |               | abde       | abe          |                       |
| Wales                    | 51<br>5%      | -<br>-     | -<br>-        | -<br>-     | -<br>-       | 51<br>30%             |
|                          |               |            |               |            |              | abcd                  |
| Scotland                 | 93<br>9%      | -<br>-     | -<br>-        | -<br>-     | -<br>-       | 93<br>54%             |
|                          |               |            |               |            |              | abcd                  |
| Northern Ireland         | 28<br>3%      | -<br>-     | -<br>-        | -<br>-     | -<br>-       | 28<br>16%             |
|                          |               |            |               |            |              | abcd                  |
| None of the above        | -<br>-        | -<br>-     | -<br>-        | -<br>-     | -<br>-       | -<br>-                |

Columns Tested: a,b,c,d,e

Fieldwork: 8th - 18th December 2017

Prepared by ComRes

## JN303687 Menopause Poll 2017

### S3. Which, if any, of the following regions best describes where you live?

Base: All respondents

|                         | REGION GROUPS |            |               |            |              | Net: Devolved regions |
|-------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                         | Total         | Net: North | Net: Midlands | Net: South | Net: England |                       |
| Significance Level: 95% |               | a          | b             | c          | d            | e                     |
| Unweighted Total        | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total          | 1009          | 244        | 256           | 337        | 837          | 172                   |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| <b>NETS</b>             |               |            |               |            |              |                       |
| Net: England            | 837           | 244        | 256           | 337        | 837          | -                     |
|                         | 83%           | 100%       | 100%          | 100%       | 100%         | -                     |
|                         |               | e          | e             | e          | e            |                       |
| Net: North              | 244           | 244        | -             | -          | 244          | -                     |
|                         | 24%           | 100%       | -             | -          | 29%          | -                     |
|                         |               | bcd        |               |            | bce          |                       |
| Net: Midlands           | 256           | -          | 256           | -          | 256          | -                     |
|                         | 25%           | -          | 100%          | -          | 31%          | -                     |
|                         |               |            | acd           |            | ace          |                       |
| Net: South              | 337           | -          | -             | 337        | 337          | -                     |
|                         | 33%           | -          | -             | 100%       | 40%          | -                     |
|                         |               |            | abde          |            | abe          |                       |
| Net: Devolved regions   | 172           | -          | -             | -          | -            | 172                   |
|                         | 17%           | -          | -             | -          | -            | 100%                  |
|                         |               |            |               |            |              | abcd                  |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S4. What is the employment status of the the Chief Income Earner

Base: All respondents

|  | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|--|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|  | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|  |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95%  |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total   | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total   | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|  | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| Full-time employment (more than 29 hours a week)                   | 556       | 325         | 231          | 350  | 205                            | 512                         | 162                  | 209                       | 472                  | 58  | 244                      | 110                 |
|  | 55%       | 60%         | 50%          | 68%  | 41%                            | 55%                         | 58%                  | 55%                       | 56%                  | 49%   | 57%                      | 56%                 |
|  |           | b           |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Part-time employment (8-29 hours per week)                         | 150       | 83          | 68           | 82   | 68                             | 135                         | 40                   | 61                        | 122                  | 20  | 57                       | 31                  |
|  | 15%       | 15%         | 14%          | 16%  | 14%                            | 15%                         | 14%                  | 16%                       | 14%                  | 17%   | 13%                      | 16%                 |
| Retired  | 126       | 37          | 89           | 80   | 47                             | 114                         | 28                   | 51                        | 105                  | 16  | 42                       | 27                  |
|  | 13%       | 7%          | 19%          | 15%  | 9%                             | 12%                         | 10%                  | 13%                       | 12%                  | 14%   | 10%                      | 14%                 |
|  |           | a           |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Student  | 1         | -           | 1            | 1    | -                              | 1                           | -                    | -                         | 1                    | -   | 1                        | -                   |
|  | *         | -           | *            | *    | -                              | *                           | -                    | -                         | *                    | -   | *                        | -                   |
| Not working / Sick / Disabled / Working less than 8 hours per week | 175       | 98          | 77           | -    | 175                            | 161                         | 51                   | 57                        | 144                  | 23  | 81                       | 30                  |
|  | 17%       | 18%         | 17%          | -    | 35%                            | 17%                         | 18%                  | 15%                       | 17%                  | 20%   | 19%                      | 15%                 |
|  |           |             |              |      | a                              |                             |                      |                           |                      |   |                          |                     |
| <b>NETS</b>  |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Employment  | 706       | 407         | 298          | 432  | 273                            | 648                         | 202                  | 270                       | 594                  | 77  | 301                      | 141                 |
|  | 70%       | 75%         | 64%          | 84%  | 55%                            | 70%                         | 72%                  | 71%                       | 70%                  | 66%   | 71%                      | 71%                 |
|  |           | b           |              | b    |                                |                             |                      |                           |                      |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### S4. What is the employment status of the the Chief Income Earner

Base: All respondents

|  | Total | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|--|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|  |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|  |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95%  |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total   | 1009  | 48         | 118        | 98                       | 83            | 93            | 100  | 118    | 97         | 97         | 50    | 93       | 14               |
| Weighted Total   | 1009  | 45         | 114        | 85                       | 74            | 88            | 95   | 107    | 140        | 90         | 51    | 93       | 28               |
|  | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Full-time employment (more than 29 hours a week)                   | 556   | 24         | 55         | 48                       | 37            | 44            | 58   | 67     | 85         | 46         | 29    | 50       | 12               |
|  | 55%   | 54%        | 48%        | 56%                      | 51%           | 51%           | 61%  | 63%    | 61%        | 52%        | 56%   | 54%      | 43%              |
| Part-time employment (8-29 hours per week)                         | 150   | 5          | 14         | 11                       | 13            | 15            | 14   | 14     | 22         | 18         | 8     | 13       | 4                |
|  | 15%   | 10%        | 12%        | 13%                      | 18%           | 17%           | 15%  | 13%    | 15%        | 20%        | 16%   | 14%      | 14%              |
| Retired  | 126   | 5          | 15         | 14                       | 11            | 11            | 11   | 14     | 13         | 9          | 7     | 10       | 6                |
|  | 13%   | 10%        | 14%        | 16%                      | 14%           | 13%           | 12%  | 13%    | 9%         | 10%        | 14%   | 11%      | 21%              |
| Student  | 1     | -          | -          | -                        | -             | -             | -    | -      | 1          | -          | -     | -        | -                |
|  | *     | -          | -          | -                        | -             | -             | -    | -      | 1%         | -          | -     | -        | -                |
| Not working / Sick / Disabled / Working less than 8 hours per week | 175   | 11         | 30         | 12                       | 12            | 17            | 11   | 13     | 19         | 17         | 7     | 20       | 6                |
|  | 17%   | 25%        | 26%        | 14%                      | 17%           | 19%           | 12%  | 12%    | 13%        | 19%        | 14%   | 22%      | 21%              |
|  |       | fg         | cfgh       |                          |               |               |      |        |            |            |       |          |                  |
| <b>NETS</b>  |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Net: Employment  | 706   | 29         | 69         | 59                       | 51            | 59            | 72   | 80     | 107        | 64         | 37    | 63       | 16               |
|  | 70%   | 65%        | 60%        | 69%                      | 69%           | 68%           | 76%  | 75%    | 76%        | 71%        | 72%   | 68%      | 57%              |
|  |       |            |            |                          |               |               | b    | b      | b          |            |       |          |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### S4. What is the employment status of the the Chief Income Earner

Base: All respondents

|  | REGION GROUPS |            |               |            |              |                       |
|--|---------------|------------|---------------|------------|--------------|-----------------------|
|  | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95%  |               | a          | b             | c          | d            | e                     |
| Unweighted Total   | 1009          | 264        | 276           | 312        | 852          | 157                   |
| Weighted Total   | 1009          | 244        | 256           | 337        | 837          | 172                   |
|  | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Full-time employment (more than 29 hours a week)                   | 556           | 127        | 140           | 198        | 465          | 91                    |
|  | 55%           | 52%        | 54%           | 59%        | 56%          | 53%                   |
| Part-time employment (8-29 hours per week)                         | 150           | 29         | 43            | 53         | 125          | 25                    |
|  | 15%           | 12%        | 17%           | 16%        | 15%          | 15%                   |
| Retired  | 126           | 34         | 33            | 36         | 103          | 23                    |
|  | 13%           | 14%        | 13%           | 11%        | 12%          | 13%                   |
| Student  | 1             | -          | -             | 1          | 1            | -                     |
|  | *             | -          | -             | *          | *            | -                     |
| Not working / Sick / Disabled / Working less than 8 hours per week | 175           | 53         | 41            | 48         | 142          | 33                    |
|  | 17%           | 22%        | 16%           | 14%        | 17%          | 19%                   |
|  |               | c          |               |            |              |                       |
| <b>NETS</b>  |               |            |               |            |              |                       |
| Net: Employment  | 706           | 157        | 182           | 251        | 590          | 116                   |
|  | 70%           | 64%        | 71%           | 75%        | 70%          | 67%                   |
|  |               |            |               | a          |              |                       |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S5. Does the Chief Income Earner have a private pension or allowance?

Base: All who are retired

|                         | AGE GROUP   |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                      |                        | SYMPTOMS OF THE MENOPAUSE |             | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                     |      |
|-------------------------|-------------|-------------|--------------|------|--------------------------------|----------------------|------------------------|---------------------------|-------------|---|---------------------|------|
|                         | 50-55 years | 56-60 years | ABC1         | C2DE | At least some understanding    | Strong understanding | Moderate understanding | Experienced symptoms      | No symptoms | Severely/fairly affected                      | Not at all affected |      |
| Total                   | a           | b           | a            | b    | a                              | *b                   | c                      | a                         | *b          | a   | *b                  |      |
| Significance Level: 95% |             |             |              |      |                                |                      |                        |                           |             |   |                     |      |
| Unweighted Total        | 127         | 39          | 88           | 80   | 47                             | 114                  | 28                     | 52                        | 106         | 15  | 43                  | 27   |
| Weighted Total          | 126         | 37          | 89           | 80   | 47                             | 114                  | 28                     | 51                        | 105         | 16  | 42                  | 27   |
|                         | 100%        | 100%        | 100%         | 100% | 100%                           | 100%                 | 100%                   | 100%                      | 100%        | 100%  | 100%                | 100% |
| Yes                     | 100         | 26          | 74           | 80   | 21                             | 89                   | 23                     | 41                        | 81          | 14  | 36                  | 20   |
|                         | 80%         | 70%         | 84%          | 100% | 45%                            | 78%                  | 83%                    | 80%                       | 78%         | 88%   | 84%                 | 72%  |
|                         |             |             |              | b    |                                |                      |                        |                           |             |   |                     |      |
| No                      | 26          | 11          | 15           | -    | 26                             | 25                   | 5                      | 10                        | 23          | 2   | 7                   | 8    |
|                         | 20%         | 30%         | 16%          | -    | 55%                            | 22%                  | 17%                    | 20%                       | 22%         | 12%   | 16%                 | 28%  |
|                         |             |             |              | a    |                                |                      |                        |                           |             |   |                     |      |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### S5. Does the Chief Income Earner have a private pension or allowance?

Base: All who are retired

|                         | REGION |            |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|--------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         | Total  | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
| Significance Level: 95% |        | *a         | *b         | *c                       | *d            | *e            | *f   | *g     | *h         | *i         | *j    | *k       | *l               |
| Unweighted Total        | 127    | 5          | 16         | 16                       | 12            | 12            | 12   | 15     | 9          | 10         | 7     | 10       | 3                |
| Weighted Total          | 126    | 5          | 15         | 14                       | 11            | 11            | 11   | 14     | 13         | 9          | 7     | 10       | 6                |
|                         | 100%   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Yes                     | 100    | 5          | 11         | 11                       | 10            | 6             | 10   | 11     | 12         | 7          | 7     | 8        | 4                |
|                         | 80%    | 100%       | 69%        | 81%                      | 92%           | 50%           | 83%  | 80%    | 89%        | 80%        | 100%  | 80%      | 67%              |
| No                      | 26     | -          | 5          | 3                        | 1             | 6             | 2    | 3      | 1          | 2          | -     | 2        | 2                |
|                         | 20%    | -          | 31%        | 19%                      | 8%            | 50%           | 17%  | 20%    | 11%        | 20%        | -     | 20%      | 33%              |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l



## JN303687 Menopause Poll 2017

### S5. Does the Chief Income Earner have a private pension or allowance?

Base: All who are retired

|                         | REGION GROUPS |            |               |            |              |                       |
|-------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                         | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
| Significance Level: 95% |               | a          | b             | c          | d            | *e                    |
| Unweighted Total        | 127           | 37         | 36            | 34         | 107          | 20                    |
| Weighted Total          | 126           | 34         | 33            | 36         | 103          | 23                    |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Yes                     | 100           | 27         | 25            | 30         | 81           | 19                    |
|                         | 80%           | 78%        | 75%           | 83%        | 79%          | 83%                   |
| No                      | 26            | 7          | 8             | 6          | 22           | 4                     |
|                         | 20%           | 22%        | 25%           | 17%        | 21%          | 17%                   |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|   | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|---|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|   | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|   |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95%   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total  | 832       | 448         | 384          | 514  | 318                            | 763                         | 230                  | 323                       | 698                  | 95  | 346                      | 170                 |
| Weighted Total  | 832       | 445         | 388          | 512  | 320                            | 762                         | 230                  | 321                       | 698                  | 93  | 344                      | 169                 |
|   | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| Higher managerial / professional / administrative                           | 53        | 32          | 21           | 53   | -                              | 49                          | 20                   | 20                        | 42                   | 7   | 20                       | 14                  |
|   | 6%        | 7%          | 5%           | 10%  | -                              | 6%                          | 9%                   | 6%                        | 6%                   | 8%  | 6%                       | 8%                  |
|   |           |             |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Intermediate managerial / professional / administrative                     | 187       | 94          | 92           | 187  | -                              | 170                         | 51                   | 77                        | 147                  | 28  | 67                       | 51                  |
|   | 22%       | 21%         | 24%          | 36%  | -                              | 22%                         | 22%                  | 24%                       | 21%                  | 30%   | 19%                      | 30%                 |
|   |           |             |              | b    |                                |                             |                      |                           |                      |   | a                        |                     |
| Supervisory or clerical / junior managerial / professional / administrative | 273       | 157         | 115          | 273  | -                              | 245                         | 68                   | 110                       | 224                  | 34  | 115                      | 46                  |
|   | 33%       | 35%         | 30%          | 53%  | -                              | 32%                         | 30%                  | 34%                       | 32%                  | 36%   | 34%                      | 27%                 |
|   |           |             |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| Skilled manual worker   | 165       | 86          | 79           | -    | 165                            | 151                         | 43                   | 62                        | 148                  | 13  | 82                       | 26                  |
|   | 20%       | 19%         | 20%          | -    | 52%                            | 20%                         | 19%                  | 19%                       | 21%                  | 14%   | 24%                      | 15%                 |
|   |           |             |              | a    |                                |                             |                      |                           |                      |   | b                        |                     |
| Semi or unskilled manual work   | 124       | 59          | 64           | -    | 124                            | 116                         | 40                   | 39                        | 109                  | 9   | 49                       | 21                  |
|   | 15%       | 13%         | 17%          | -    | 39%                            | 15%                         | 18%                  | 12%                       | 16%                  | 9%  | 14%                      | 13%                 |
|   |           |             |              | a    |                                |                             |                      |                           |                      |   |                          |                     |
| Casual worker - not in permanent employment                                 | 2         | 1           | 1            | -    | 2                              | 2                           | 1                    | 1                         | 1                    | 1   | 1                        | 1                   |
|   | *         | *           | *            | -    | 1%                             | *                           | *                    | *                         | *                    | 1%  | *                        | 1%                  |
|   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Housewife / Homemaker   | 1         | 1           | -            | -    | 1                              | 1                           | -                    | -                         | 1                    | -   | -                        | 1                   |
|   | *         | *           | -            | -    | *                              | *                           | -                    | -                         | *                    | -   | -                        | 1%                  |
|   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unemployed or not working due to long-term sickness                         | 1         | 1           | -            | -    | 1                              | 1                           | 1                    | -                         | 1                    | -   | 1                        | -                   |
|   | *         | *           | -            | -    | *                              | *                           | *                    | -                         | *                    | -   | *                        | -                   |
|   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Full-time carer or other household member                                   | 2         | 2           | -            | -    | 2                              | 2                           | 1                    | 1                         | 2                    | -   | 1                        | 1                   |
|   | *         | *           | -            | -    | 1%                             | *                           | *                    | *                         | *                    | -   | *                        | 1%                  |
|   |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| No response   | 26        | 11          | 15           | -    | 26                             | 25                          | 5                    | 10                        | 23                   | 2   | 7                        | 8                   |
|   | 3%        | 3%          | 4%           | -    | 8%                             | 3%                          | 2%                   | 3%                        | 3%                   | 2%  | 2%                       | 5%                  |
|   |           |             |              |      | a                              |                             |                      |                           |                      |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|                         | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|-------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                         | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                         |           | a           | b            | a    | b                              | a                           | b                    | c                         | a                    | b   | a                        | b                   |
| Significance Level: 95% |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total        | 832       | 448         | 384          | 514  | 318                            | 763                         | 230                  | 323                       | 698                  | 95  | 346                      | 170                 |
| Weighted Total          | 832       | 445         | 388          | 512  | 320                            | 762                         | 230                  | 321                       | 698                  | 93  | 344                      | 169                 |
|                         | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| <b>NETS</b>             |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: Administrative     | 512       | 283         | 229          | 512  | -                              | 464                         | 139                  | 207                       | 413                  | 69  | 203                      | 111                 |
|                         | 62%       | 64%         | 59%          | 100% | -                              | 61%                         | 60%                  | 65%                       | 59%                  | 74%   | 59%                      | 66%                 |
|                         |           |             |              | b    |                                |                             |                      |                           |                      | a   |                          |                     |
| Net: Manual             | 289       | 145         | 143          | -    | 289                            | 267                         | 84                   | 101                       | 257                  | 21  | 131                      | 47                  |
|                         | 35%       | 33%         | 37%          | -    | 90%                            | 35%                         | 36%                  | 32%                       | 37%                  | 23%   | 38%                      | 28%                 |
|                         |           |             |              | a    |                                |                             |                      |                           | b                    |   | b                        |                     |
| Net: Not working        | 6         | 5           | 1            | -    | 6                              | 6                           | 3                    | 2                         | 5                    | 1   | 3                        | 3                   |
|                         | 1%        | 1%          | *            | -    | 2%                             | 1%                          | 1%                   | 1%                        | 1%                   | 1%  | 1%                       | 2%                  |
|                         |           |             |              | a    |                                |                             |                      |                           |                      |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|   | Total      | REGION     |            |                          |               |               |           |           |            |            |           |           |                  |
|---|------------|------------|------------|--------------------------|---------------|---------------|-----------|-----------|------------|------------|-----------|-----------|------------------|
|   |            | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East      | London    | South East | South West | Wales     | Scotland  | Northern Ireland |
|   |            | a          | b          | c                        | d             | e             | f         | g         | h          | i          | j         | k         | l                |
| Significance Level: 95%   |            |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Unweighted Total  | 832        | 36         | 87         | 84                       | 69            | 75            | 88        | 104       | 83         | 79         | 43        | 73        | 11               |
| Weighted Total  | 832        | 34         | 84         | 73                       | 61            | 71            | 84        | 94        | 120        | 73         | 44        | 73        | 22               |
|   | 100%       | 100%       | 100%       | 100%                     | 100%          | 100%          | 100%      | 100%      | 100%       | 100%       | 100%      | 100%      | 100%             |
| Higher managerial / professional / administrative                           | 53<br>6%   | 4<br>11%   | 3<br>3%    | 5<br>7%                  | 3<br>4%       | 3<br>4%       | 5<br>6%   | 7<br>8%   | 13<br>11%  | 6<br>8%    | -<br>-    | 3<br>4%   | 2<br>9%          |
|   |            | j          |            |                          |               |               |           |           | j          |            |           |           |                  |
| Intermediate managerial / professional / administrative                     | 187<br>22% | 6<br>17%   | 13<br>15%  | 19<br>26%                | 13<br>22%     | 13<br>19%     | 18<br>22% | 30<br>32% | 26<br>22%  | 17<br>23%  | 12<br>28% | 18<br>25% | 2<br>9%          |
|   |            |            |            |                          |               |               |           | b         |            |            |           |           |                  |
| Supervisory or clerical / junior managerial / professional / administrative | 273<br>33% | 9<br>28%   | 24<br>29%  | 27<br>37%                | 28<br>45%     | 18<br>25%     | 27<br>32% | 34<br>37% | 40<br>34%  | 25<br>34%  | 14<br>33% | 20<br>27% | 6<br>27%         |
|   |            |            |            |                          | bek           |               |           |           |            |            |           |           |                  |
| Skilled manual worker   | 165<br>20% | 8<br>25%   | 23<br>28%  | 12<br>17%                | 10<br>16%     | 16<br>23%     | 19<br>23% | 10<br>11% | 20<br>17%  | 13<br>18%  | 11<br>26% | 20<br>27% | 2<br>9%          |
|   |            | 9          | 9          |                          |               | 9             | 9         |           |            |            | 9         | 9         |                  |
| Semi or unskilled manual work   | 124<br>15% | 7<br>19%   | 15<br>18%  | 7<br>10%                 | 6<br>10%      | 13<br>19%     | 12<br>15% | 10<br>11% | 19<br>16%  | 11<br>15%  | 6<br>14%  | 9<br>12%  | 8<br>36%         |
| Casual worker - not in permanent employment                                 | 2<br>*     | -          | -          | -                        | -             | 1<br>1%       | -         | -         | -          | -          | -         | 1<br>1%   | -                |
| Housewife / Homemaker   | 1<br>*     | -          | -          | -                        | 1<br>1%       | -             | -         | -         | -          | -          | -         | -         | -                |
| Unemployed or not working due to long-term sickness                         | 1<br>*     | -          | -          | -                        | -             | 1<br>1%       | -         | -         | -          | -          | -         | -         | -                |
| Full-time carer or other household member                                   | 2<br>*     | -          | 1<br>1%    | -                        | -             | -             | 1<br>1%   | -         | -          | -          | -         | -         | -                |
| No response   | 26<br>3%   | -          | 5<br>6%    | 3<br>4%                  | 1<br>1%       | 6<br>8%       | 2<br>2%   | 3<br>3%   | 1<br>1%    | 2<br>3%    | -         | 2<br>3%   | 2<br>9%          |
|   |            |            |            |                          |               | h             |           |           |            |            |           |           |                  |
| <b>NETS</b>   |            |            |            |                          |               |               |           |           |            |            |           |           |                  |
| Net: Administrative   | 512<br>62% | 19<br>56%  | 40<br>47%  | 51<br>70%                | 44<br>71%     | 34<br>48%     | 49<br>59% | 71<br>76% | 79<br>66%  | 47<br>65%  | 27<br>60% | 41<br>56% | 10<br>45%        |
|   |            |            |            | be                       | be            |               |           | abefk     | be         | be         |           |           |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|                         | REGION |            |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|--------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         | Total  | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         | a      | b          | c          | d                        | e             | f             | g    | h      | i          | j          | k     | l        |                  |
| Significance Level: 95% |        |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total        | 832    | 36         | 87         | 84                       | 69            | 75            | 88   | 104    | 83         | 79         | 43    | 73       | 11               |
| Weighted Total          | 832    | 34         | 84         | 73                       | 61            | 71            | 84   | 94     | 120        | 73         | 44    | 73       | 22               |
|                         | 100%   | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| Net: Manual             | 289    | 15         | 39         | 19                       | 16            | 29            | 31   | 20     | 39         | 24         | 17    | 29       | 10               |
|                         | 35%    | 44%        | 46%        | 26%                      | 26%           | 41%           | 38%  | 21%    | 33%        | 33%        | 40%   | 40%      | 45%              |
|                         |        | g          | cdg        |                          |               | cg            | g    |        |            |            | g     | g        |                  |
| Net: Not working        | 6      | -          | 1          | -                        | 1             | 2             | 1    | -      | -          | -          | -     | 1        | -                |
|                         | 1%     | -          | 1%         | -                        | 1%            | 3%            | 1%   | -      | -          | -          | -     | 1%       | -                |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|   | REGION GROUPS |            |               |            |              |                       |
|---|---------------|------------|---------------|------------|--------------|-----------------------|
|   | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|   |               | a          | b             | c          | d            | e                     |
| Significance Level: 95%   |               |            |               |            |              |                       |
| Unweighted Total  | 832           | 207        | 232           | 266        | 705          | 127                   |
| Weighted Total  | 832           | 191        | 216           | 287        | 693          | 139                   |
|   | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Higher managerial / professional / administrative                           | 53<br>6%      | 12<br>6%   | 10<br>5%      | 26<br>9%   | 48<br>7%     | 5<br>4%               |
| Intermediate managerial / professional / administrative                     | 187<br>22%    | 37<br>20%  | 45<br>21%     | 72<br>25%  | 154<br>22%   | 32<br>23%             |
| Supervisory or clerical / junior managerial / professional / administrative | 273<br>33%    | 60<br>32%  | 72<br>33%     | 100<br>35% | 232<br>34%   | 40<br>29%             |
| Skilled manual worker   | 165<br>20%    | 44<br>23%  | 45<br>21%     | 43<br>15%  | 132<br>19%   | 33<br>24%             |
|   |               | c          |               |            |              | c                     |
| Semi or unskilled manual work   | 124<br>15%    | 29<br>15%  | 32<br>15%     | 40<br>14%  | 101<br>15%   | 23<br>17%             |
| Casual worker - not in permanent employment                                 | 2<br>*        | -<br>-     | 1<br>*        | -<br>-     | 1<br>*       | 1<br>1%               |
| Housewife / Homemaker   | 1<br>*        | -<br>-     | 1<br>*        | -<br>-     | 1<br>*       | -<br>-                |
| Unemployed or not working due to long-term sickness                         | 1<br>*        | -<br>-     | 1<br>*        | -<br>-     | 1<br>*       | -<br>-                |
| Full-time carer or other household member                                   | 2<br>*        | 1<br>1%    | 1<br>*        | -<br>-     | 2<br>*       | -<br>-                |
| No response   | 26<br>3%      | 7<br>4%    | 8<br>4%       | 6<br>2%    | 22<br>3%     | 4<br>3%               |
| <b>NETS</b>   |               |            |               |            |              |                       |
| Net: Administrative   | 512<br>62%    | 110<br>57% | 127<br>59%    | 198<br>69% | 434<br>63%   | 78<br>56%             |
|   |               |            |               | abe        |              |                       |
| Net: Manual   | 289<br>35%    | 73<br>38%  | 77<br>36%     | 83<br>29%  | 232<br>34%   | 56<br>41%             |
|   |               | c          |               |            |              | c                     |

Columns Tested: a,b,c,d,e

## JN303687 Menopause Poll 2017

### S6. What is the profession of the Chief Income Earner in your household?

Base: All who are in employment or receive a private pension

|                         | REGION GROUPS |            |               |            |              |                       |
|-------------------------|---------------|------------|---------------|------------|--------------|-----------------------|
|                         | Total         | Net: North | Net: Midlands | Net: South | Net: England | Net: Devolved regions |
|                         | a             | b          | c             | d          | e            |                       |
| Significance Level: 95% |               |            |               |            |              |                       |
| Unweighted Total        | 832           | 207        | 232           | 266        | 705          | 127                   |
| Weighted Total          | 832           | 191        | 216           | 287        | 693          | 139                   |
|                         | 100%          | 100%       | 100%          | 100%       | 100%         | 100%                  |
| Net: Not working        | 6             | 1          | 4             | -          | 5            | 1                     |
|                         | 1%            | 1%         | 2%            | -          | 1%           | 1%                    |
|                         |               |            | c             |            |              |                       |

Columns Tested: a,b,c,d,e

### JN303687 Menopause Poll 2017

**S7. SEG**

Base: All respondents

|                         | AGE GROUP |             | SOCIAL GRADE |      | UNDERSTANDING OF THE MENOPAUSE |                             |                      | SYMPTOMS OF THE MENOPAUSE |                      | AFFECT OF THE MENOPAUSE ON MOOD/MENTAL HEALTH |                          |                     |
|-------------------------|-----------|-------------|--------------|------|--------------------------------|-----------------------------|----------------------|---------------------------|----------------------|---|--------------------------|---------------------|
|                         | Total     | 50-55 years | 56-60 years  | ABC1 | C2DE                           | At least some understanding | Strong understanding | Moderate understanding    | Experienced symptoms | No symptoms                                   | Severely/fairly affected | Not at all affected |
|                         | a         | b           | a            | b    | a                              | b                           | c                    | a                         | b                    | a   | b                        |                     |
| Significance Level: 95% |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Unweighted Total        | 1009      | 545         | 464          | 515  | 494                            | 925                         | 282                  | 382                       | 845                  | 117   | 430                      | 197                 |
| Weighted Total          | 1009      | 543         | 466          | 513  | 496                            | 924                         | 281                  | 378                       | 844                  | 116   | 426                      | 199                 |
|                         | 100%      | 100%        | 100%         | 100% | 100%                           | 100%                        | 100%                 | 100%                      | 100%                 | 100%  | 100%                     | 100%                |
| A                       | 53        | 32          | 21           | 53   | -                              | 49                          | 20                   | 20                        | 42                   | 7   | 20                       | 14                  |
|                         | 5%        | 6%          | 5%           | 10%  | -                              | 5%                          | 7%                   | 5%                        | 5%                   | 6%  | 5%                       | 7%                  |
|                         |           |             |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| B                       | 187       | 94          | 92           | 187  | -                              | 170                         | 51                   | 77                        | 147                  | 28  | 67                       | 51                  |
|                         | 18%       | 17%         | 20%          | 36%  | -                              | 18%                         | 18%                  | 20%                       | 17%                  | 24%   | 16%                      | 26%                 |
|                         |           |             |              | b    |                                |                             |                      |                           |                      |   | a                        |                     |
| C1                      | 274       | 157         | 117          | 274  | -                              | 247                         | 68                   | 110                       | 225                  | 34  | 117                      | 46                  |
|                         | 27%       | 29%         | 25%          | 53%  | -                              | 27%                         | 24%                  | 29%                       | 27%                  | 29%   | 27%                      | 23%                 |
|                         |           |             |              | b    |                                |                             |                      |                           |                      |   |                          |                     |
| C2                      | 165       | 86          | 79           | -    | 165                            | 151                         | 43                   | 62                        | 148                  | 13  | 82                       | 26                  |
|                         | 16%       | 16%         | 17%          | -    | 33%                            | 16%                         | 15%                  | 16%                       | 18%                  | 11%   | 19%                      | 13%                 |
|                         |           |             |              | a    |                                |                             |                      |                           |                      |   |                          |                     |
| D                       | 124       | 59          | 64           | -    | 124                            | 116                         | 40                   | 39                        | 109                  | 9   | 49                       | 21                  |
|                         | 12%       | 11%         | 14%          | -    | 25%                            | 13%                         | 14%                  | 10%                       | 13%                  | 7%  | 12%                      | 11%                 |
|                         |           |             |              | a    |                                |                             |                      |                           |                      |   |                          |                     |
| E                       | 207       | 114         | 93           | -    | 207                            | 192                         | 59                   | 70                        | 172                  | 26  | 90                       | 40                  |
|                         | 21%       | 21%         | 20%          | -    | 42%                            | 21%                         | 21%                  | 18%                       | 20%                  | 22%   | 21%                      | 20%                 |
|                         |           |             |              | a    |                                |                             |                      |                           |                      |   |                          |                     |
| <b>NETS</b>             |           |             |              |      |                                |                             |                      |                           |                      |   |                          |                     |
| Net: ABC1               | 513       | 283         | 230          | 513  | -                              | 466                         | 139                  | 207                       | 415                  | 69  | 204                      | 111                 |
|                         | 51%       | 52%         | 49%          | 100% | -                              | 50%                         | 49%                  | 55%                       | 49%                  | 59%   | 48%                      | 56%                 |
|                         |           |             |              | b    |                                |                             |                      |                           |                      | a   |                          |                     |
| Net: C2DE               | 496       | 260         | 236          | -    | 496                            | 459                         | 143                  | 171                       | 430                  | 47  | 222                      | 87                  |
|                         | 49%       | 48%         | 51%          | -    | 100%                           | 50%                         | 51%                  | 45%                       | 51%                  | 41%   | 52%                      | 44%                 |
|                         |           |             |              | a    |                                |                             |                      |                           | b                    |   |                          |                     |

Columns Tested: a,b - a,b - a,b,c - a,b - a,b





## JN303687 Menopause Poll 2017

### S7. SEG

Base: All respondents

|                         | Total | REGION     |            |                          |               |               |      |        |            |            |       |          |                  |
|-------------------------|-------|------------|------------|--------------------------|---------------|---------------|------|--------|------------|------------|-------|----------|------------------|
|                         |       | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands | East | London | South East | South West | Wales | Scotland | Northern Ireland |
|                         |       | a          | b          | c                        | d             | e             | f    | g      | h          | i          | j     | k        | l                |
| Significance Level: 95% |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Unweighted Total        | 1009  | 48         | 118        | 98                       | 83            | 93            | 100  | 118    | 97         | 97         | 50    | 93       | 14               |
| Weighted Total          | 1009  | 45         | 114        | 85                       | 74            | 88            | 95   | 107    | 140        | 90         | 51    | 93       | 28               |
|                         | 100%  | 100%       | 100%       | 100%                     | 100%          | 100%          | 100% | 100%   | 100%       | 100%       | 100%  | 100%     | 100%             |
| A                       | 53    | 4          | 3          | 5                        | 3             | 3             | 5    | 7      | 13         | 6          | -     | 3        | 2                |
|                         | 5%    | 8%         | 3%         | 6%                       | 4%            | 3%            | 5%   | 7%     | 9%         | 6%         | -     | 3%       | 7%               |
|                         |       | j          |            |                          |               |               |      |        | bj         |            |       |          |                  |
| B                       | 187   | 6          | 13         | 19                       | 13            | 13            | 18   | 30     | 26         | 17         | 12    | 18       | 2                |
|                         | 18%   | 13%        | 11%        | 22%                      | 18%           | 15%           | 19%  | 28%    | 19%        | 19%        | 24%   | 19%      | 7%               |
|                         |       |            |            | b                        |               |               |      | abe    |            |            | b     |          |                  |
| C1                      | 274   | 9          | 24         | 27                       | 28            | 18            | 27   | 34     | 42         | 25         | 14    | 20       | 6                |
|                         | 27%   | 21%        | 21%        | 32%                      | 37%           | 20%           | 28%  | 32%    | 30%        | 28%        | 28%   | 22%      | 21%              |
|                         |       |            |            |                          | bek           |               |      |        |            |            |       |          |                  |
| C2                      | 165   | 8          | 23         | 12                       | 10            | 16            | 19   | 10     | 20         | 13         | 11    | 20       | 2                |
|                         | 16%   | 19%        | 20%        | 14%                      | 13%           | 18%           | 20%  | 9%     | 14%        | 14%        | 22%   | 22%      | 7%               |
|                         |       |            | g          |                          |               |               | g    |        |            |            | g     | g        |                  |
| D                       | 124   | 7          | 15         | 7                        | 6             | 13            | 12   | 10     | 19         | 11         | 6     | 9        | 8                |
|                         | 12%   | 15%        | 14%        | 8%                       | 8%            | 15%           | 13%  | 9%     | 13%        | 12%        | 12%   | 10%      | 29%              |
| E                       | 207   | 11         | 36         | 15                       | 14            | 24            | 14   | 15     | 20         | 19         | 7     | 23       | 8                |
|                         | 21%   | 25%        | 31%        | 17%                      | 19%           | 28%           | 15%  | 14%    | 14%        | 21%        | 14%   | 25%      | 29%              |
|                         |       |            | cfghj      |                          |               | fgh           |      |        |            |            |       |          |                  |
| <b>NETS</b>             |       |            |            |                          |               |               |      |        |            |            |       |          |                  |
| Net: ABC1               | 513   | 19         | 40         | 51                       | 44            | 34            | 49   | 71     | 81         | 47         | 27    | 41       | 10               |
|                         | 51%   | 42%        | 35%        | 60%                      | 59%           | 39%           | 52%  | 67%    | 58%        | 53%        | 52%   | 44%      | 36%              |
|                         |       |            |            | abek                     | bek           |               | b    | abefik | be         | b          | b     |          |                  |
| Net: C2DE               | 496   | 26         | 74         | 34                       | 30            | 54            | 46   | 35     | 59         | 43         | 25    | 52       | 18               |
|                         | 49%   | 58%        | 65%        | 40%                      | 41%           | 61%           | 48%  | 33%    | 42%        | 47%        | 48%   | 56%      | 64%              |
|                         |       | cg         | cdghij     |                          |               | cdgh          | g    |        |            | g          |       | cdg      |                  |

Columns Tested: a,b,c,d,e,f,g,h,i,j,k,l

## JN303687 Menopause Poll 2017

### S7. SEG

Base: All respondents

|                         | REGION GROUPS |                  |                 |                    |                 |                       |
|-------------------------|---------------|------------------|-----------------|--------------------|-----------------|-----------------------|
|                         | Total         | Net: North       | Net: Midlands   | Net: South         | Net: England    | Net: Devolved regions |
| Significance Level: 95% |               | a                | b               | c                  | d               | e                     |
| Unweighted Total        | 1009          | 264              | 276             | 312                | 852             | 157                   |
| Weighted Total          | 1009          | 244              | 256             | 337                | 837             | 172                   |
|                         | 100%          | 100%             | 100%            | 100%               | 100%            | 100%                  |
| A                       | 53<br>5%      | 12<br>5%         | 10<br>4%        | 26<br>8%<br>e      | 48<br>6%        | 5<br>3%               |
| B                       | 187<br>18%    | 37<br>15%        | 45<br>17%       | 72<br>22%          | 154<br>18%      | 32<br>19%             |
| C1                      | 274<br>27%    | 60<br>25%        | 72<br>28%       | 101<br>30%         | 234<br>28%      | 40<br>23%             |
| C2                      | 165<br>16%    | 44<br>18%        | 45<br>17%       | 43<br>13%          | 132<br>16%      | 33<br>19%             |
| D                       | 124<br>12%    | 29<br>12%        | 32<br>12%       | 40<br>12%          | 101<br>12%      | 23<br>13%             |
| E                       | 207<br>21%    | 62<br>25%<br>c   | 53<br>21%       | 54<br>16%          | 169<br>20%      | 38<br>22%             |
| <b>NETS</b>             |               |                  |                 |                    |                 |                       |
| Net: ABC1               | 513<br>51%    | 110<br>45%       | 127<br>49%      | 199<br>59%<br>abde | 436<br>52%<br>a | 78<br>45%             |
| Net: C2DE               | 496<br>49%    | 135<br>55%<br>cd | 129<br>51%<br>c | 137<br>41%         | 401<br>48%<br>c | 94<br>55%<br>c        |

Columns Tested: a,b,c,d,e