



P2-10

Lifestyle Change Motivation For Dementia Prevention In Women With Surgical Menopause

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Among women with surgical menopause, motivation for dementia-preventive lifestyle change was associated with dementia risk profile and age at surgical menopause. Higher dementia risk scores and older age at surgical menopause were associated with lower motivation, while dementia knowledge was not independently associated with motivation.

INTRODUCTION

- Surgical menopause may affect long-term cognitive health.
- Understanding dementia-preventive behaviors may support targeted interventions.
- This study aims to examine the associations among dementia knowledge, dementia risk index, menopausal symptom burden, and motivation for lifestyle changes toward dementia prevention among women with surgical menopause.

METHODS

PARTICIPANTS

- 75 women with surgical menopause
- University hospital, Türkiye
- May-August 2025



MEASURES

- Menopause Rating Scale (MRS)
- Dementia Knowledge Assessment Scale (DKAS)
- Australian National University Alzheimer's Disease Risk Index–Short Form (ANU-ADRI),
- Motivation to Change Lifestyle for Dementia Risk Reduction Scale (MOCHAD-10)

STATISTICAL ANALYSIS

Multiple linear regression adjusted for sociodemographic covariates

RESULTS

Higher ANU-ADRI
→ Lower motivation

$(\beta = -0.32, p = 0.048)$

Older age at surgical menopause
→ Lower motivation

$(\beta = -0.32, p = 0.043)$

Dementia knowledge
→ No significant association

$(\beta = 0.16, p = 0.210)$

CONCLUSIONS

• Lower dementia risk was associated with greater motivation.

• Younger age at surgical menopause was associated with greater motivation.

• Dementia knowledge was not independently associated with motivation.

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