

Table 1. Sociodemographic Characteristics of Participants

Sociodemographic Characteristics (n=190)		Number	Percentage (%)
Age	49 years old and under	15	7.8
	50-59	124	65.4
	60-64	51	26.8
Marital Status	Married	146	76.8
	Unmarried	3	1.6
	Divorced	17	8.9
	Widow	24	12.6
Education Level	Illiterate	28	14.7
	Elementary	113	59.5
	High School	29	15.3
	College	20	10.6
Employment Status	Unemployed	168	88.4
	Employed	22	11.6
Economic Condition	Income less than expenditure	66	34.7
	Income and expenditure balance	110	57.9
	Income more than expenditure	14	7.4
Body Mass Index (kg/m²)	<25	29	15.3
	25-29.9	69	36.3
	≥30	92	48.4
Presence of any Chronic Disease	Yes	123	64.7
	No	67	35.3
Smoking	Never smoked	107	56.3
	Smoked, then quit	32	16.8
	Active smoker	51	26.8
Menopausal Experience	Natural	165	86.8
	Surgical	25	13.2

Table 2. Comparison of the Severity of Menopausal Symptoms with Physical Activity Scale Score and Beck's Depression Inventory Score

	Severity of Menopausal Symptoms	Number	Mean	SD	p
Physical Activity Scale Score	None, minimal	6	1409.00	712.62	0.001*
	Mild	13	2179.77	1412.19	
	Moderate	73	1121.27	1328.26	
	Severe	98	848.58	1182.38	
Beck's Depression Inventory Score	None, minimal	6	3.50	4.13	<0.001**
	Mild	13	6.00	3.13	
	Moderate	73	9.86	6.07	
	Severe	98	16.24	7.10	

*Kruskall Wallis test was used.

**One-way Anova test was used.

Table 3. The Physical Activity Scale Score and Depression Statuses of the Participants

	Depression Status	Number	Mean	SD	p
Physical Activity Scale Score	No signs of depression	142	1272.96	1324.95	<0.001***
	Signs of depression	48	438.40	902.49	

***Mann Whitney U test was used.