

**Table 1 Demographic and other characteristics of the participating women by menopause status**

Characteristic	Perimenopausal women (n = 100)	Postmenopausal women (n = 100)	P-value
	Mean (SD)	Mean (SD)	
Age (years) <sup>a</sup>	47.3 (3.4)	52.5 ( 4.2)	< 0.001
Duration of menopause (months) <sup>a</sup>	5.7 (2.8)	39.2 (21.8)	< 0.001
BMI (kg/m <sup>2</sup> ) <sup>a</sup>	27.9 (2.8)	27.8 (3.6)	0.914
Parity (no. of children) <sup>a</sup>	3.8 (1.9)	4.4 (2.4)	0.150
	%	%	
Marital status (married) <sup>b</sup>	92	82	0.137
Educational level (illiterate & primary school) <sup>b</sup>	82	80	1.00
Employment status (housewife) <sup>c</sup>	80	80	1.00
Exercise taken (30 min × 3 per week) <sup>c</sup>	38	50	0.227

<sup>a</sup>Independent t-test; <sup>b</sup>Fisher exact test; <sup>c</sup> $\chi^2$  test.

SD = standard deviation; BMI = body mass index.