

Table 3 Menopause rating scale quality of life total and subscale scores, and relationship between rating scale scores and exercise and body mass index among the postmenopausal women

Item	Menopause rating scale [Mean (SD)]			
	Somatic	Psychological	Urogenital	Total score
<i>Subscale scores</i>	4.12 (2.22)	2.86 (2.50)	2.13 (1.04)	9.11 (5.76)
<i>Exercise (times/week)</i>				
< 3	3.01 (2.61)	2.81 (2.49)	2.67 (1.98)	8.49 (7.08)
3–5	2.15 (1.76)	2.23 (1.9)	2.42 (2.09)	6.8 (5.75)
> 5	5.12 (2.23)	2.32 (1.89)	2.17 (2.35)	9.61 (6.47)
<i>P-value</i>	0.001	0.34	0.45	0.01
<i>Body mass index</i>				
Underweight	5.7 (6.23)	6.8 (7.45)	1.21 (1.54)	13.71 (15.22)
Normal weight	2.56 (2.01)	1.45 (1.63)	1.45 (1.82)	5.46 (5.46)
Overweight	4.32 (2.3)	3.12 (2.67)	1.73 (1.76)	9.17 (6.73)
Obese	4.22 (2.61)	2.81 (2.45)	1.26 (1.77)	8.29 (6.83)
<i>P-value</i>	0.001	0.006	0.1	0.001

SD = standard deviation.