

Table 1. Menopausal self-concept themes

Main themes	Sub-themes
Mental ability	Information, intelligence, learning, reading ability and memory
Occupational Efficiency	Completing tasks, striving, success, laziness and coconscious
Physical attractiveness	Look, popularity, attractiveness, appearance and tidiness
Social skills	Humor and sportsmanship
Disadvantages and Benefits	Moods
Physical problems	Bodily pain, hypertension, high blood lipids, etc.