

Developing, Validating and Pilot Testing of an Exercise Protocol for Post-menopausal Women: A Study Protocol

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ABSTRACT

Introduction: Menopause refers to a natural biological event, characterised by the cessation of the menstrual cycle permanently.

Need of this study: Despite being a physiological phenomenon, menopause is frequently accompanied with symptoms that can significantly lower a woman's quality of life and have a significant impact on her daily activities.

Aim: This study aims to design, develop and validate an exercise protocol which will be multi-domain and further to find the effect of the validated protocol in post-menopausal women.

Materials and Methods: A brief literature review will be done to find out the the most prevalent symptoms among postmenopausal women. Based on the findings, we will develop an exercise protocol. After which content validation of the developed protocol will be done by Delphi survey method on the basis of relevancy. After the validation, pilot testing of the developed protocol will be evaluated to understand its efficacy among postmenopausal women.

Keywords: Biological Process, Menstrual cycle, Natural, Quality of life, Survey