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HORMONE REPLACEMENT THERAPY USE

AND

EVERYDAY MEMORY IN MID-AGED

NEW ZEALAND WOMEN

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2000

Hormone Replacement Therapy Use and Everyday Memory in Mid-Aged New Zealand Women

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ABSTRACT

There continues to be inconsistent evidence as to the extent that Hormone Replacement Therapy (HRT) may preserve memory performance in menopausal women. The Rivermead Behavioural Memory Test-Extended Version (RBMT-E) is a new measure of everyday memory developed for normal populations. The RBMT-E was used to test the everyday memory in a sample of 104 mid-aged New Zealand women (53 HRT users & 51 non-users). Measures of mood, affect, stress, general health and menopausal symptoms as well as age and education were also taken to control for possible confounds. Results showed significant differences ($p< 0.5$) between the groups for three sub-tests: 'Story Immediate', 'Story Delayed', and 'Message Delayed'. After calculation of a total profile score and adjustments for age and IQ, HRT users scored more highly than non HRT users on the RBMT-E overall measure of Everyday Memory. Conclusions suggest that HRT use does show a relationship with verbal memory, and that the potentially beneficial effect may assist in the performance of everyday memory tasks.

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