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# DESIGNING AND DELIVERING A FEMINIST RESEARCH-INFORMED RETURN OF RESULTS WITH MIDLIFE WOMEN: AN INTERSECTIONALITY METHOD TO UNDERSTAND AND 'FOREGROUND' MARGINALIZED VOICES

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# OUR TEAM

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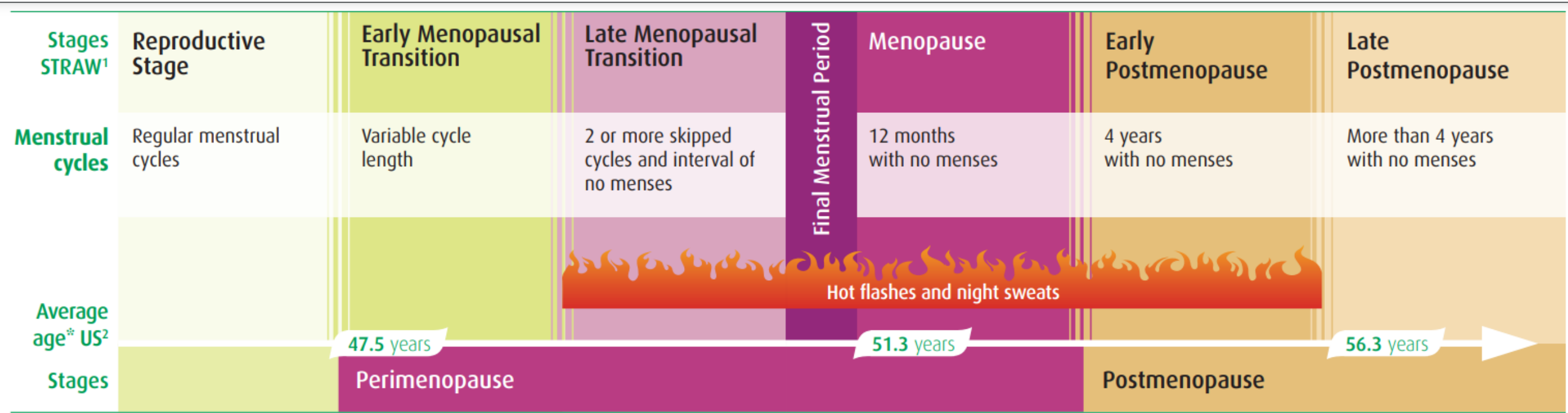


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# FUNDING & CONFLICT OF INTEREST

- **Funding:** None to declare
- Conflict of Interest (**COI**): None to declare

# BACKGROUND



• Note: the age at which a woman transitions and reaches menopause varies substantially. The same holds true for symptoms.  
1 Based on Stages of Reproductive Aging Workshop (STRAW), Park City UT, USA, July 2001, J Women's Health Gen Based Med. 2001 Nov; 10(9):843-8  
2 McKinley SM, Brambilla DJ, Posner JG. The normal menopause transition. Maturitas. 2008 Sep-Oct; 61(1-2):4-16

# OBJECTIVE

- Midlife women's experiences have not been adequately represented historically as **most research is framed within and is interpreted by dominant conceptual categories largely developed by privileged individuals**
- **Midlife women are thus a marginalized group** with experiences that are shaped by a **multiplicity of social locations, including race, sexuality, dis/ability, age, social class, and gender.**



# OBJECTIVE

- Rather than starting with empiricist *a priori* categories of experience, this study initiated an inquiry informed by
  - **Feminist standpoint theory**. This is a method to understand and ‘foreground’ marginalized voices. We asked about the experiences of midlife women and subsequently **returned the results to participants** to confirm or clarify the research team’s interpretations.
  - **Intersectionality framework**: to center the idea that race, class, gender, & sexualities are systems of power. These systems of power are interconnected and function together to result in inequalities.

**Feminist Standpoint Theory:** Harding, ed., *The Feminist Standpoint Theory Reader* New York and London: Routledge, 2004 | Bell Hooks, *From Margin to Center*, Boston: South End Press, 1984

**Intersectionality:** Crenshaw, Kimberle (1994). ["Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color" \(PDF\)](#). Archived 18 April 2023 at the [Wayback Machine](#).



# PURPOSE

The **purpose** of this study was to design and deliver a feminist research-informed return of results (**RoR**) to midlife women as a part of a larger project to adapt an integrative medical group (IMGV) visit for peri- and post-menopausal individuals, called **MENOGAP** (filling a GAP in MENOPausal women's healthcare).



**LOOKING FOR WOMEN 35+ FOR INTEGRATIVE MEDICAL GROUP VISITS**  
Research Project

**MENOGAP** | Peri**MEN**opause Group **AcuPuncture**

Prioritizing awareness, education and empowerment in perimenopause/menopause.

**PERIMENOPAUSE/MENOPAUSE MANAGEMENT** Learn more about the journey in perimenopause/menopause, your reproductive health, menstrual health, symptoms of perimenopause/menopause, and treatment options.

**BEHAVIORAL MANAGEMENT** Learn more about complementary and integrative therapies to help your perimenopausal/menopausal symptoms and concerns.

To learn more about the research study email [Menogap-sg@umail.utah.edu](mailto:Menogap-sg@umail.utah.edu)

2.5-hour sessions will be held for 9 weeks and a "booster" session 3 months later in the South Jordan Health Center.

# DESIGN

- We conducted an **engagement session** with 9 midlife women who comprise a Community Advisory Board (**CAB**)
- Employed **qualitative analysis** of the transcribed session.
  - The research team then tabled themes, codes, and exemplar quotes.
- **The data tables were presented during a RoR.**
  - Attended by 6 of 9 engagement session participants
- IRB ethics review was obtained.





## SYNOPSIS FOR QUESTION 2

- Never heard of the term perimenopause
- Terms are less important than the conversation
- It's a timeline, unique to each person



## INFO GATHERED FROM QUESTION 2

Term Used to Describe the Perimenopausal Transition:	Perception of Other Terms:	Culture (if stated):
Pre menopause	"I had never heard of perimenopause until joining this group"	--
Perimenopause	"Feel that it encompasses the pre, actual, and post"	--
Perimenopause	"Post menopause I am not familiar with that term at all"	--
Menopause	"I'm in health research and I've never come across that term [perimenopause] before"	--
Menopause	"The terms are not as important as the conversation"	--
	"I had never heard of perimenopause until joining this group"	--
"Change of life" and Menopause	"One is not better, they're all important"	Latino
"The change of life"	"Almost like a timeline. Although it isn't really talked about so I'm still trying to figure out what age is the timeline"	Polynesian
"Transition" or "Transitioning"	"I like it some way because I am becoming something else, although there is a million different ways we transition and does not acknowledge is uniqueness"	--
"The change"	"Feels like to colloquial term"	--
No word for it because taboo subject	"Familiar as in hearing about them, but what does it mean?"	Somalian

# RESULTS



- Participants provided **corrections** (e.g., we incorrectly listed Somalian and it was corrected to Somali).
- Participants also **confirmed codes and themes** in the data tables.
- Participants clarified comments made and **provided additional input**. For example, after the engagement session, **women's thinking changed after hearing other women's perspectives thus changing their perspectives**.
- A participant found a menopause group on **Facebook** and found the discussion there helpful.
- Participants emphasized the need for community- and language-specific tailoring to MENOGAP; that the **biggest identified need is education about this topic**

# RESULTS



- Several women mentioned that they had **initiated care from a healthcare provider**
  - Participants indicated **oppression** experienced when seeking healthcare.
  - Participants also discussed the problem of **invisibility** experienced during menopause.
- **Gathering in a community to discuss these topics was deeply meaningful and life-changing.**
- **Dissemination of findings** has included both traditional (e.g., today's talk, posters, manuscript) and non-traditional venues (e.g., church group discussion, flyers)



# FUTURE DIRECTIONS

## In peer review:

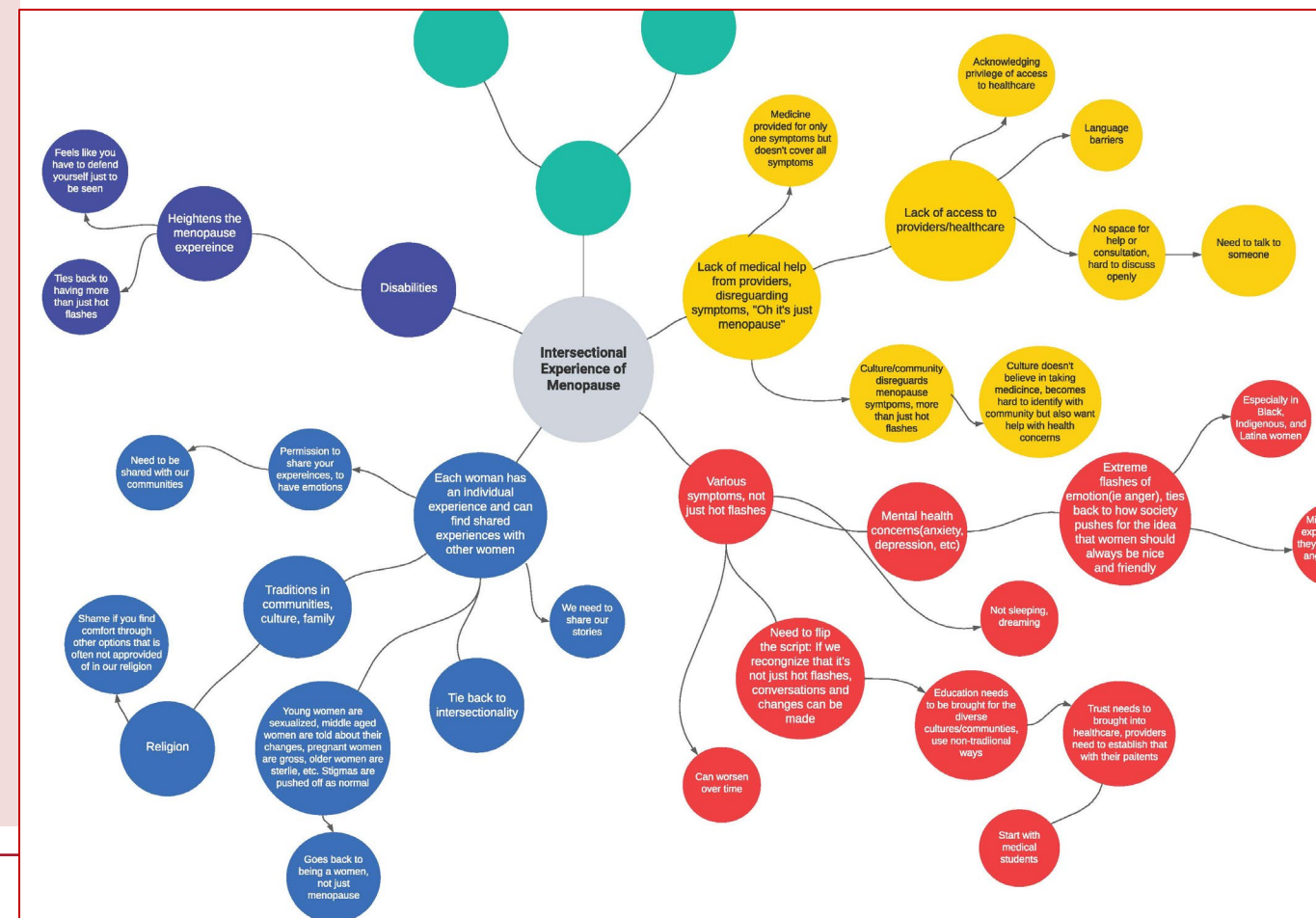
*Ethnically Diverse Midlife Women's Menopausal Transition Symptom Experience and Access to Medical and Integrative Health Care: Informing the Development of MENOGAP*



## Transformative Intersectional Collective (TRIC) Fellow

University of Utah, 2023-24, Andrew W. Mellon Foundation

Working with the same CAB to **discuss intersectionality and menopause**. The grant included **funds to pay CAB members to analyze the transcribed conversation and thought cloud**. Will be disseminated non/traditionally.



# CURRENT DIRECTIONS - MENOGAP LIVES!

- **MENOGAP**
  - Pilot starting next month
- **LatinaMENOGAP**
  - 1U4U funded adaptation for Hispanic women
- **CancerMENOGAP**
  - Grant submitted to NIH for Black women with Breast Cancer
- **IndigenousMENOGAP**
  - VPR funded adaptation for Indigenous/Native women
- **PacificIslanderMENOGAP**
  - Emergent possibility: Translation into Tongan





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