**INTRODUCTION**

The marital status of widowhood is the social status of a person since the death of his partner. It is a destabilizing event that may need adjustments in living environments. Widowhood in women is considered a generating event of vulnerability. There are few studies that evaluate widowhood in the cognitive and menopausal context.

**OBJECTIVE**

To estimate the association between widowhood marital status and cognitive impairment in a group of postmenopausal women.

**METHODS**

Cross-sectional study conducted in women with one or more years of post-menopause, aged between 50-75 years who fulfilled their daily activities (home or work). They resided in the Caribbean region or in the Colombian Amazon. Participation was voluntary and anonymous. Those previously diagnosed with a physical, mental or cognitive limitation, as well as those receiving neurological medications, were excluded.

They were invited to fill out a form that included sociodemographic variables and the Mini-Mental State Examination Test. The score is between 0-30 and the fewer points, the evaluation is worse. Several cut-off points have been proposed, for the present study, <23 was considered cognitive impairment. Logistic regression was performed. Dependent variable (cognitive impairment) and independent variable (the marital status: married/cohabited, separated/single and widowed). Study with endorsement of the ethics committee.

**RESULTS**

A total of 601 women were evaluated

- Age: 60.6 ± 7.3 years
- Menopause age: 49.8 ± 3.1 years
- Consuming coffee daily: 150 (24.9%)
- Smoked daily: 50 (8.3%)
- Married/cohabited: 324 (53.9%)
- Separated/single: 226 (37.6%)
- Widowhood: 51 (8.5%)

33.3% of widowed women reported being dependent on themselves, while 64.7% depended on their children and 2.0% on other family members.

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Cognitive Impairment</th>
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<tbody>
<tr>
<td>Married/cohabited</td>
<td>1</td>
</tr>
<tr>
<td>Widowhood</td>
<td>OR: 2.23 [95%CI:1.22-4.05] *</td>
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<tr>
<td></td>
<td>OR: 1.88 [95%CI:1.00-3.54] **</td>
</tr>
</tbody>
</table>

(*) Unadjusted logistic regression, p<0.05
(**) Adjusted logistic regression: [coffee consumption, smoking, and economic dependency], p<0.05

Living single/separated vs. married/cohabited was not associated with cognitive impairment (p>0.05)

**CONCLUSIONS**

In a group of Colombian women, living in marital status of widowhood was associated with twice the possibility of cognitive impairment with respect to married/cohabited.

Disclosures:

No financial relationships to disclose

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