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Menopause 2 - UK

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Client: Essity

Date: 6th to 15th September 2022

Sample: 2500

Demographic: UK women who are in/post menopause

Client contact: gareth.lucy@essity.com

Summary author: harry.gove@onepoll.com

hello@onepoll.com | 020 7138 3053



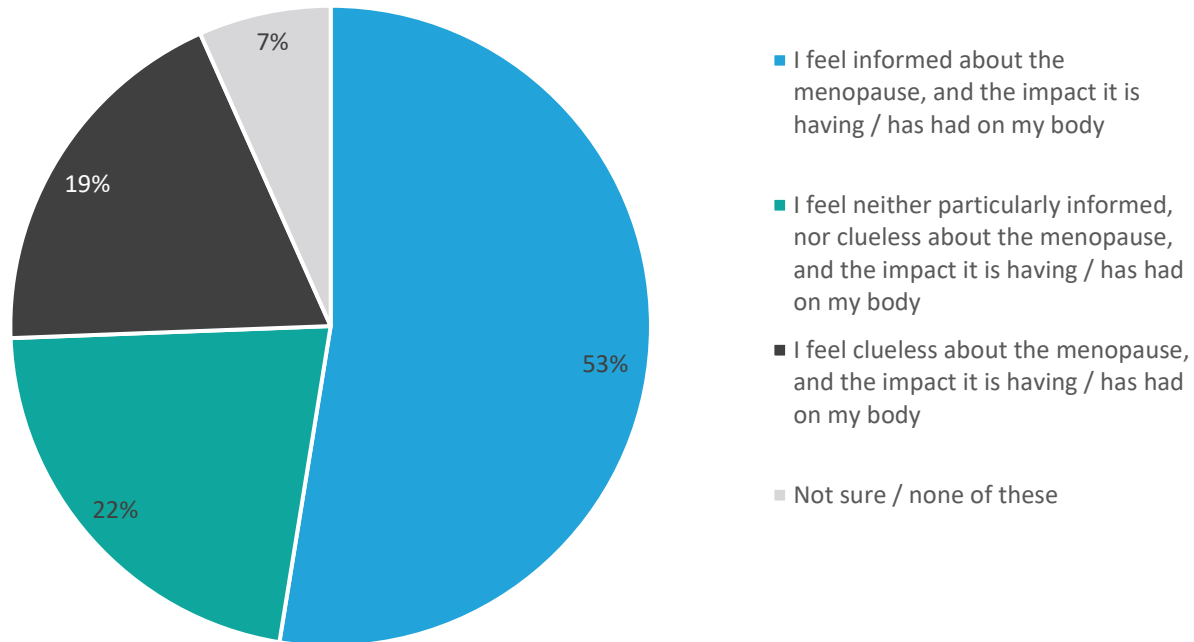
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Summary

- The average respondent started experiencing **symptoms of menopause at 47.02 years old**, and experienced an average of **4.88 signs/symptoms** with the most common ones being **hot flushes** (55%) and night sweats (46%).
- Over half (53%) **feel informed** about the menopause, and the impact it has on their body, with 19% saying they feel **clueless** about this.
- Among those who have experienced signs/symptoms of menopause, 19% have tried taking **vitamin D** as a supplement to mitigate these, and 40% have actually **been to a doctor or GP** for these. Of those who have been to a doctor or GP 56% have been through **HRT** to relieve their symptoms.
- 39% had a **personal support network** while going through the menopause, with 9% having a **virtual** support network. However, over half (53%) felt they **didn't have any support network**. 18% **avoided talking** about their experience of menopause, with 22% actively speaking about this.
- 78% were **employed** whilst going through menopause, with 17% of these respondents being **entitled to take time off** specifically for menopause. 20% have actually **taken days off** for the menopause. 42% think that women **should get paid time off for the menopause**.
- 29% of those who were employed during menopause **received support from their colleagues**, with 17% getting support from their **employers**.
- 60% think that the menopause is a **taboo** subject, with 58% of those respondents saying this is because of embarrassment at disclosing personal problems.

Question:

Which of the following statements, if any best describes how informed / ill-informed you feel about the menopause, and the impact it is having / has had on your body?



Insight

- Over half (53%) **felt informed** about the menopause, and the **impact it is having / has had on their body**
 - With 15% feeling **very informed** about this
- 19% felt **clueless** about the menopause, and the impact it is having / has had on their body



Treatments

Of those who experienced any signs/symptoms of menopause (n=2364):

- 19% have tried taking **vitamin D** to **mitigate some of the symptoms** they experienced
- **This was followed by:**
 - Calcium (9%)
 - Black Cohosh (7%)
 - St. John's Wort (6%)
- 56% **didn't use any products or supplements** for this

- 40% went to a **doctor or GP** to try and mitigate these symptoms
 - While 12% have not yet, but plan to
- 39% have no plans to see a doctor or GP to mitigate their menopausal symptoms

Of those who have seen a doctor or GP (n=947):

- Over half (56%) went through **hormone replacement therapy (HRT)** to relieve symptoms of menopause

Effect of menopause

- 55% **agree** with the statement “**I was / am constantly surprised by what the menopause threw / throws at me**”
 - With 24% **strongly agreeing**
- 18% **disagree** this is the case for them

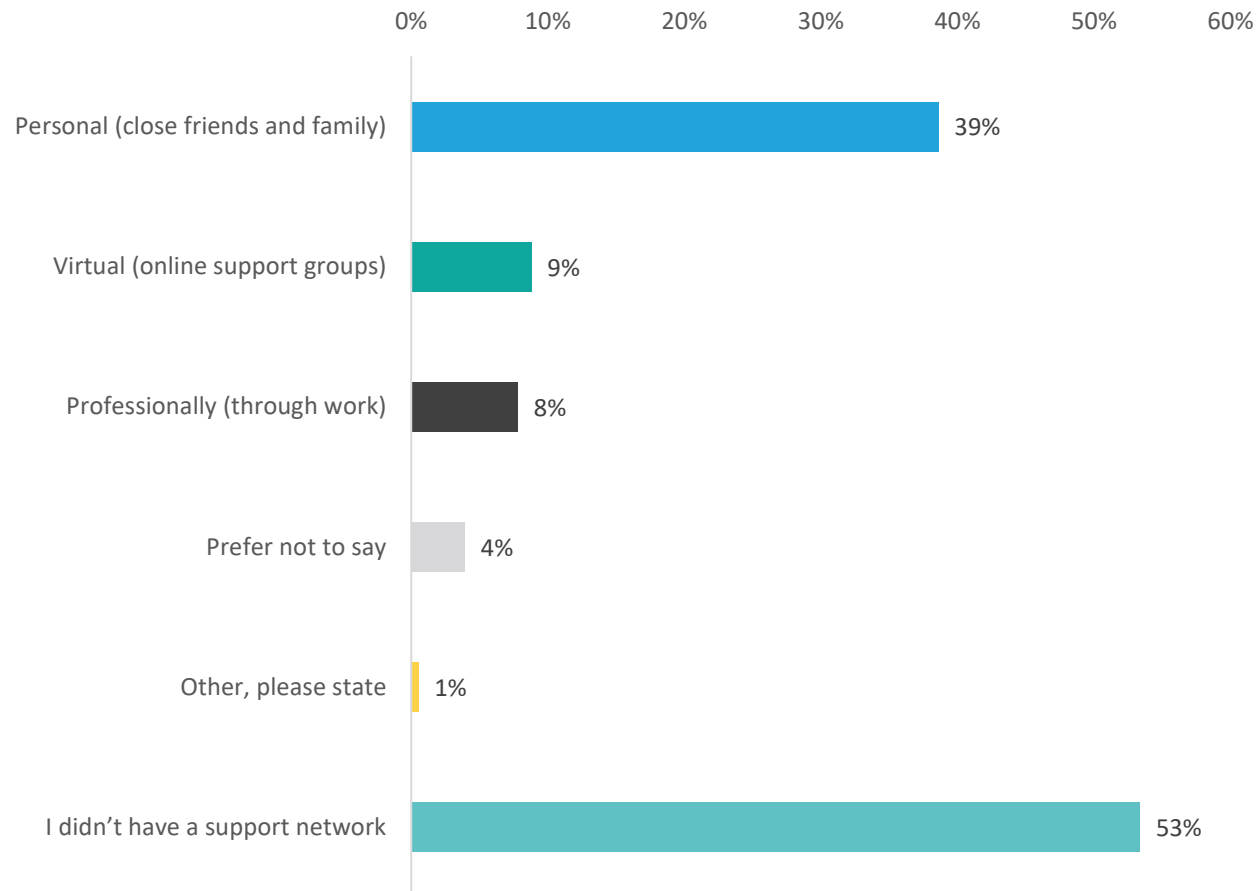
- 39% **agree** the menopause has made them **want less sex**
 - While 34% feel less attractive or sexy as result of the menopause
 - 10% felt their partner seemed to go off them and want/s less sex when they started the menopause

- Only 11% found that going through the menopause **improved their confidence**
- With 45% say it made no difference
- And for 36% their confidence was **worsened** by going through menopause



Question:

Which support networks, if any, did you have when going through the menopause?



Insight

- 39% had a **personal support network** when going through the menopause
 - While 9% had **virtual** support networks
 - And 8% had professional support networks
- Over half (53%) **didn't have a support network**





Speaking up

- 22% **actively spoke** about their **experience of menopause**
- While 44% would only speak about this **if others brought it up**
- And 18% **avoided** talking about their experience of menopause

Of those who avoided talking about their experience (n=457):

- 46% **avoided** talking about their experience of menopause with their **colleagues**
 - This was tied with 46% who avoided talking about menopause with their **employer**
 - And a further 46% avoided this with their friends
 - 42% avoided discussing menopause with their children
- 37% would avoid this due to **feeling embarrassed**
- **This was followed by:**
 - Don't / didn't want to embarrass them (27%)
 - Worry they aren't interested (27%)
 - Worry they won't understand (25%)

Time off

- When going through the menopause, half (50%) were **employed full time**
- With 28% being employed on a **part time basis**

Of those who were employed whilst going through the menopause (n=1957):

- 17% were **entitled to time off specifically for menopause**
 - With 12% having entitlement to paid time off
- 20% have actually **taken days off** due to the menopause
 - With 5% doing so many times

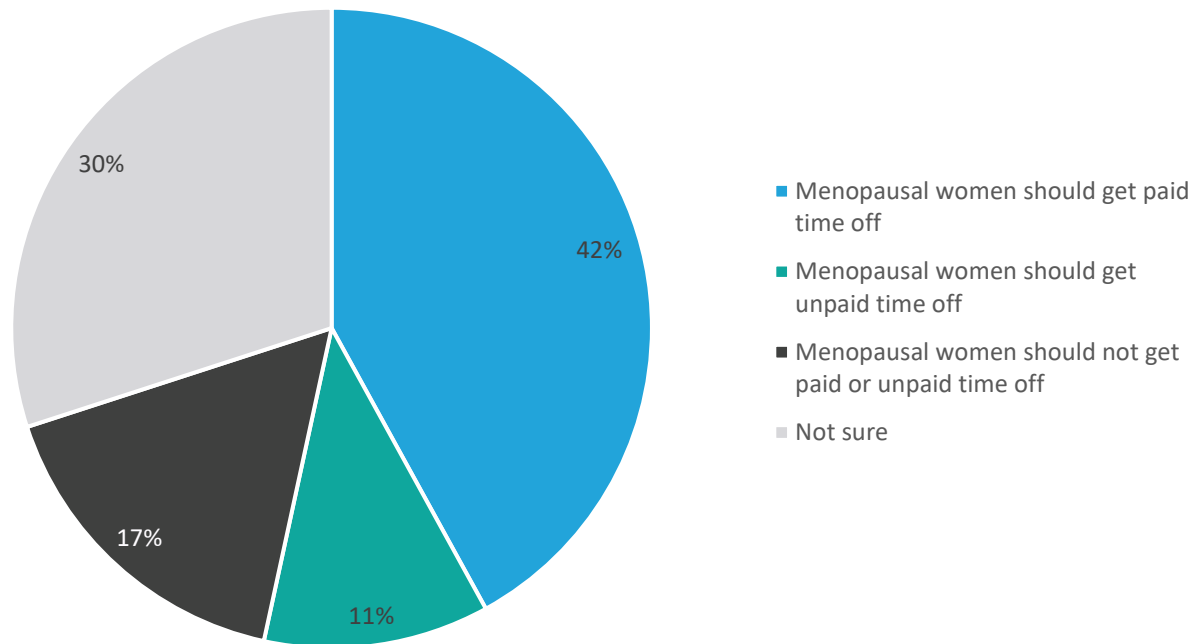
Of those who have taken days off due to the menopause (n=388):

- 36% **told their employer** every time why they were taking the day off
 - While 35% only told their employer on some occasions they were taking a day off due to the menopause



Question:

How would you feel about the idea of women being allocated a number of days to take either paid or unpaid, when they need to, during the menopause if they are in employment?



Insight

Of those who were employed whilst going through the menopause (n=1957):

- 42% feel that menopausal women should **get paid time off**
 - With 11% saying they should only get **unpaid** time off
- 17% think menopausal women should not get paid or unpaid time off



Support at work

Of those who were employed whilst going through the menopause (n=1957):

- 29% say their **colleagues were supportive** when they were / are going through menopause
- With 17% experiencing **support from their employers**
- 7% say they were not supportive, even though they knew
- While 58% were not supportive, but only because they did not know

- 7% experienced **unkind comments from colleagues** due to experiencing the menopause
 - With 6% saying they were treated differently by the boss
 - Another 6% say their boss made unkind comments

- 44% say their **ability to work** during menopause was **affected by tiredness**
- **This was followed by:**
 - Poor concentration (30%)
 - Poor memory (23%)
 - Inability to focus (22%)

Taboos

- 41% have come across **campaigns about the menopause** which put a spotlight on the symptoms
 - With 31% saying these campaigns were **helpful**
- 60% think that menopause is a **taboo subject**
 - With 13% feeling it is very taboo

Of those who think menopause is a taboo subject (n=1502):

- 58% say this is because of **embarrassment at disclosing personal problems**
- **This was followed by:**
 - People don't understand it (47%)
 - People don't like to talk about a 'deterioration' of their body (47%)
 - A lack of information about it (41%)
 - The fact it is so different for everyone (40%)



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Any questions?

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Harry.gove@onepoll.com

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A background image of an open report or magazine. The pages contain various data visualizations, including a pie chart with a 30% segment, a bar chart with a 53% bar, and a 50% figure. There are also small icons and text blocks scattered across the pages.

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russ.budden@onepoll.com - 0207 138 3041