AWARENESS AND KNOWLEDGE OF ANDROPAUSE AMONG KUWAITI MALES

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Abstract - Andropause is a physiological event occurring in men who reach midlife, accompanied by biological and endocrinological symptoms due to androgen deficiency. The objectives of this study are (1) to examine the level of awareness of andropause; and (2) to assess the relationship between men's perceptions and attitudes toward the andropause event. This study explores men's knowledge of andropause among 300 Kuwaiti males in the age group of 20-70 years old. The results indicated that 36.0% men were identified as andropausenlightened; 137 men said that they wanted to know more about andropause; 38.4% of Kuwaiti men said they think that men do not go through andropause; 53.4% reported they do not know at what age men experience andropause; and 46.9% said they think that andropause is a sign of aging. Participants who were aware of andropause were statistically significant ($P < 0.01$) between age groups, education levels, and, marital status.

Keywords - Aging men; andropause; awareness; knowledge; aging; men's health