



## Menopause 2 - France

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<b>Client:</b>	Essity
<b>Date:</b>	27 <sup>th</sup> to 31 <sup>st</sup> January 2023
<b>Sample:</b>	500
<b>Demographic:</b>	French women who are in/post menopause
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# Method

## Quantitative online survey

### Samples:

1. Online research was conducted on behalf of Essity by OnePoll between 27<sup>th</sup> to 31<sup>st</sup> January 2023
2. 500 women (18+) who are either in/post menopause were interviewed
3. Data splits were provided based on:
  - Age
  - Region

# Summary

- The average respondent started experiencing **symptoms of menopause at 48.75 years old**, and experienced an average of **3.47 signs/symptoms** with the most common ones being **hot flushes** (70%) and night sweats (49%).
- Over half (53%) **feel informed** about the menopause, and the impact it has on their body, with 22% saying they feel **clueless** about this.
- Among those who have experienced signs/symptoms of menopause, 28% have tried taking **vitamin D** as a supplement to mitigate these, and 48% have actually **been to a doctor or GP** for these. Of those who have been to a doctor or GP 32% have been through **HRT** to relieve their symptoms.
- 45% had a **personal support network** while going through the menopause, with 9% having a **professional** support network. However, 46% felt they **didn't have any support network**. 23% **avoided talking** about their experience of menopause, with 23% actively speaking about this.
- 86% were **employed** whilst going through menopause, with 4% of these respondents being **entitled to take time off** specifically for menopause. 9% have actually **taken days off** for the menopause. 41% think that women **should get paid time off for the menopause**.
- 11% of those who were employed during menopause **received support from their colleagues**, with 3% getting support from their **employers**. 3% **requested flexible working hours due to menopause symptoms**.
- 41% think that the menopause is a **taboo** subject, with 62% of those respondents saying this is because it is associated with **old people**.

# Symptoms

- On **average**, respondents started **experiencing symptoms** of menopause when they were **48.75 years old**
- They experienced an **average** of **3.47 signs/ symptoms** which they believed were linked to menopause

## Of those who experienced any signs/symptoms of menopause (n=450):

- 70% experienced **hot flushes**
  - While 49% had night sweats
  - And 35% experienced sleep difficulties

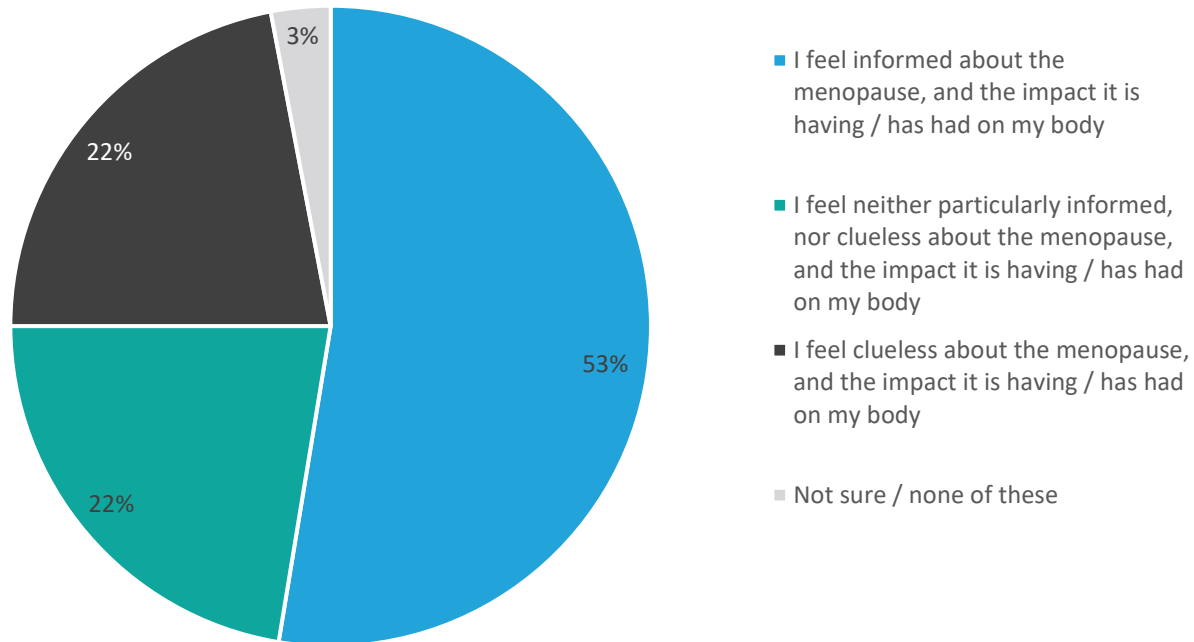
## Of those who experienced any of the given symptoms in the prior question (n=443):

- 69% were **previously aware** they may **experience hot flushes**, before they had them
  - While 38% were aware they may get night sweats
  - And 28% previously knew they would have an increase in weight



## 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 18% feeling **very informed** about this
- 22% 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=450):

- 28% have tried taking **vitamin D** to **mitigate some of the symptoms** they experienced
- **This was followed by:**
  - Calcium (10%)
  - Soy (8%)
  - Flaxseed (6%)
- 52% **didn't use any products or supplements** for this
- Almost half (48%) went to a **doctor or GP** to try and mitigate these symptoms
  - While 14% have not yet, but plan to
- 29% have no plans to see a doctor or GP to mitigate their menopausal symptoms

## Of those who have seen a doctor or GP (n=215):

- 32% went through **hormone replacement therapy (HRT)** to relieve symptoms of menopause

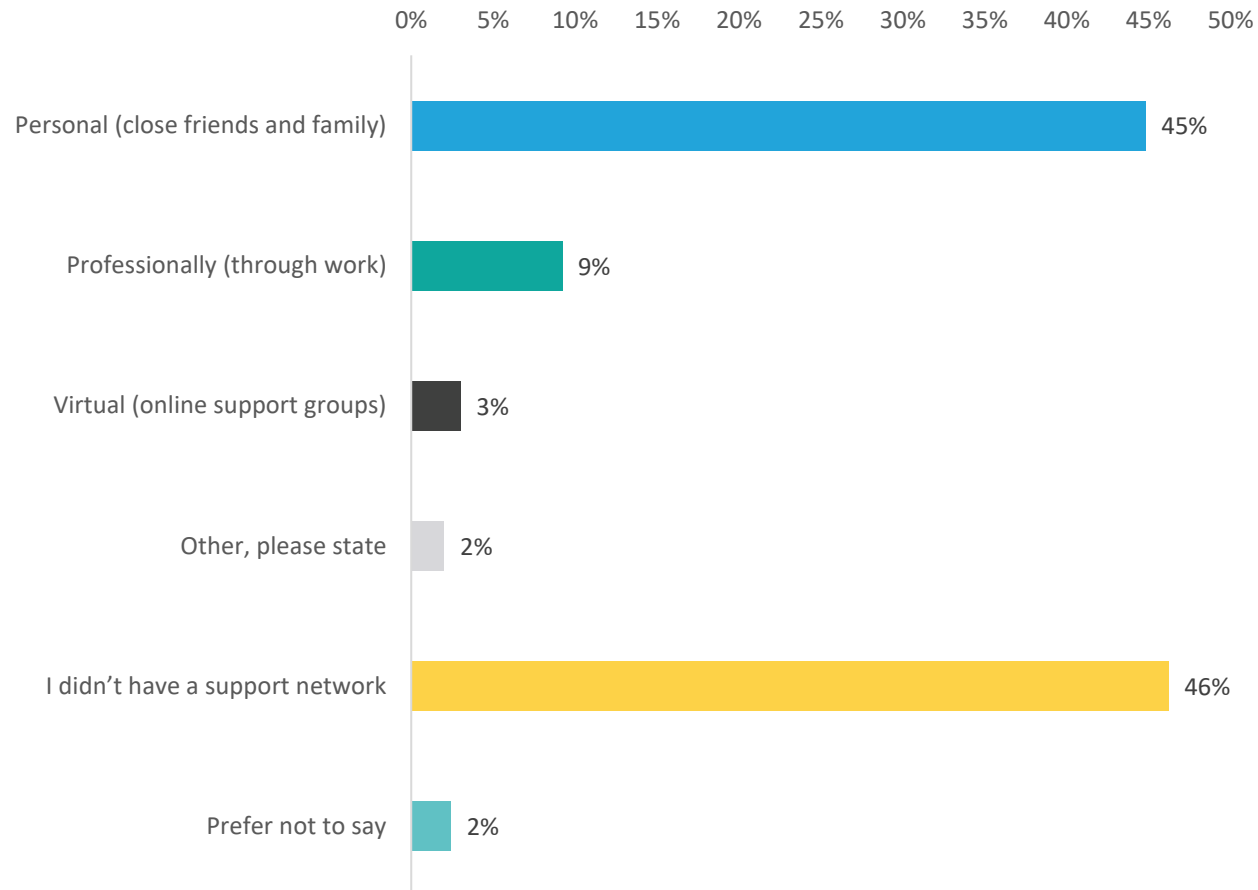
# Effect of menopause

- 54% **agree** with the statement “I was / am constantly surprised by what the menopause threw / throws at me”
  - With 17% **strongly agreeing**
- 20% **disagree** this is the case for them
  
- 46% **agree** the menopause has made them **want less sex**
  - While 15% feel less attractive or sexy as result of the menopause
  - 5% 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 68% saying it made no difference
- And for 17% their confidence was **worsened** by going through menopause



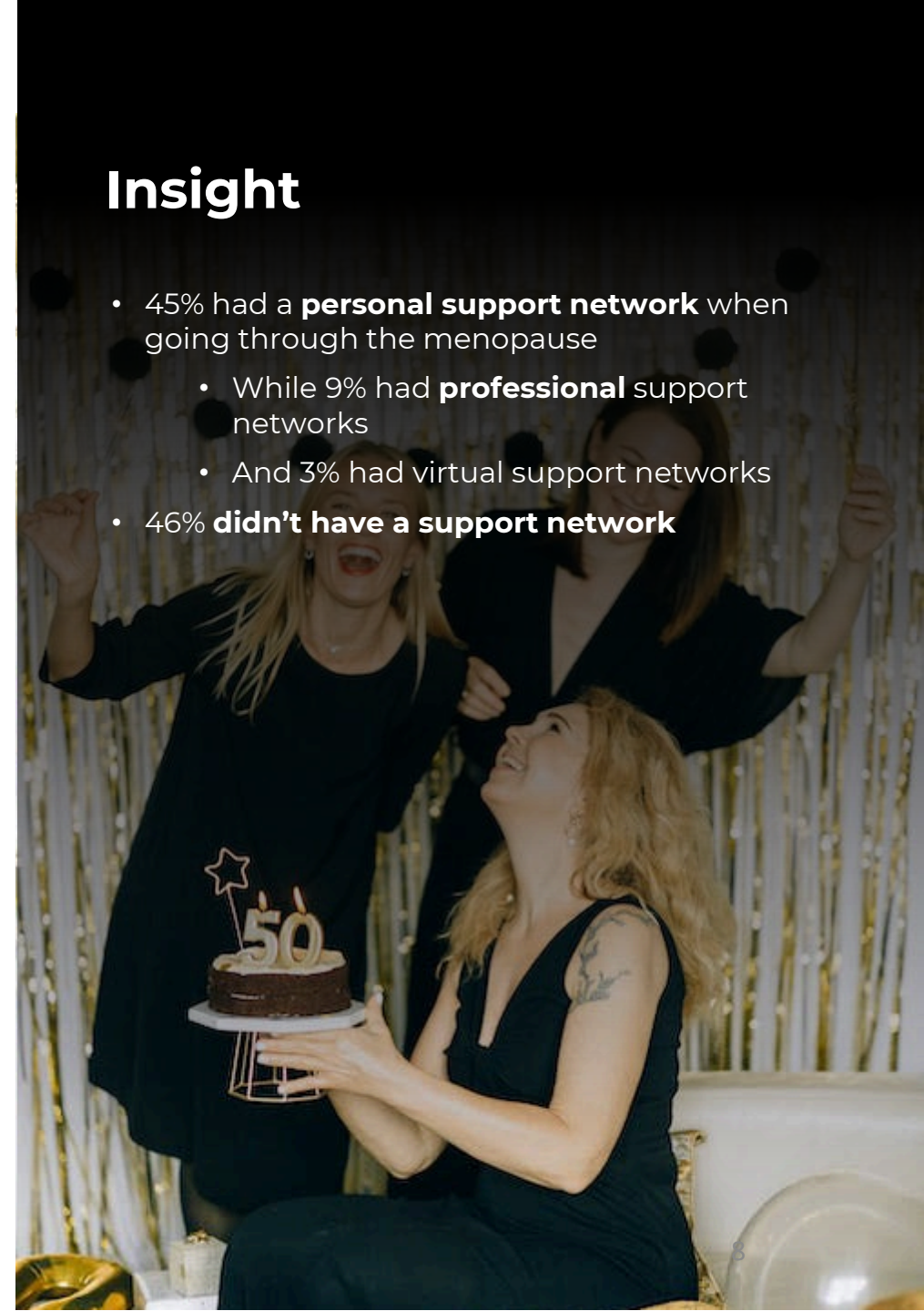
## Question:

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



## Insight

- 45% had a **personal support network** when going through the menopause
  - While 9% had **professional** support networks
  - And 3% had virtual support networks
- 46% **didn't have a support network**







# Speaking up

- 23% **actively spoke** about their **experience of menopause**
- While 49% would only speak about this **if others brought it up**
- And 23% **avoided** talking about their experience of menopause

## **Of those who avoided talking about their experience (n=115):**

- 60% **avoided** talking about their experience of menopause with their **colleagues**
  - While 59% avoided talking about menopause with their **children**
  - 55% avoided this with their employer
  - 49% avoided discussing menopause with their friends
- 54% would avoid this due to **feeling embarrassed**
- **This was followed by:**
  - Don't / didn't want people to think of them as old (27%)
  - Worry they won't understand (20%)
  - Don't / didn't want to embarrass them (20%)

# Time off

- When going through the menopause, 71% were **employed full time**
- With 16% being employed on a **part time basis**

## Of those who were employed whilst going through the menopause (n=432):

- Just 4% were **entitled to time off specifically for menopause**
  - With 3% having entitlement to paid time off
- 9% have actually **taken days off** due to the menopause
  - With 4% doing so many times

## Of those who have taken days off due to the menopause (n=38\*):

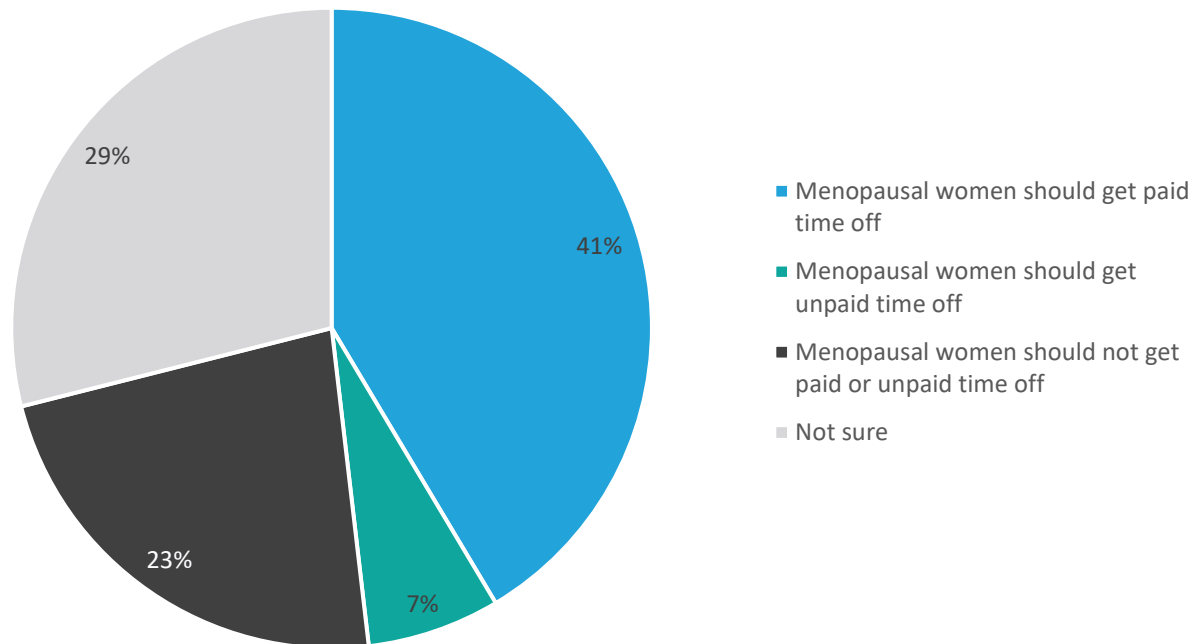
- 13% **told their employer** every time why they were taking the day off
  - A further 13% only told their employer on some occasions they were taking a day off due to the menopause

*\*We cannot guarantee the accuracy of results where n<100*



## 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=432):**

- 41% feel that menopausal women should **get paid time off**
  - With 7% saying they should only get **unpaid** time off
- 23% think menopausal women should not get paid or unpaid time off



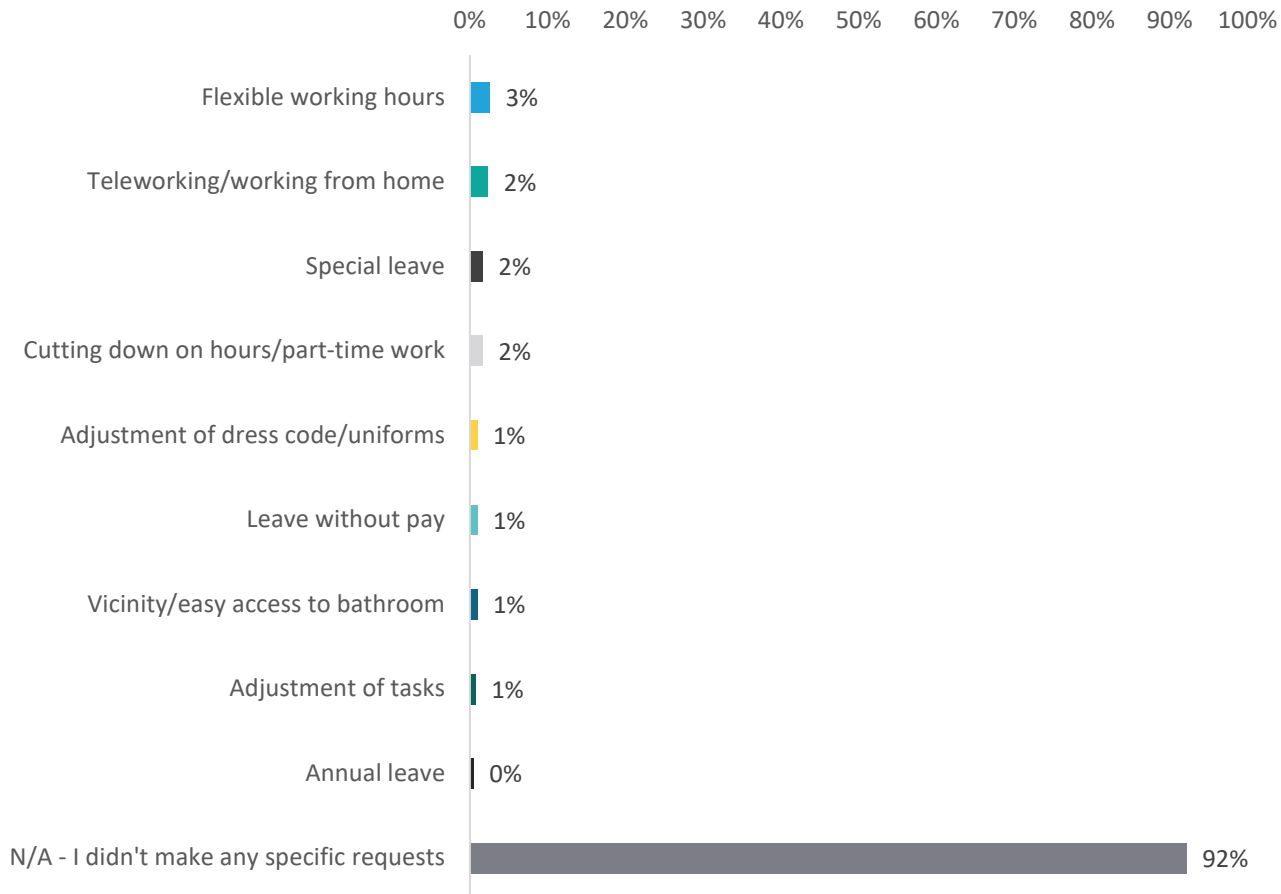
# Support at work

**Of those who were employed whilst going through the menopause (n=432):**

- 11% say their **colleagues were supportive** when they were / are going through menopause
- With 3% experiencing **support from their employers**
- 11% say they were not supportive, even though they knew
- While 77% were not supportive, but only because they did not know
  
- 3% were **overlooked for a pay rise** due to experiencing the menopause
  - A further 3% say colleagues made unkind comments
  - With 2% experiencing discrimination in some way
  
- 42% say their **ability to work** during menopause was **affected by tiredness**
- **This was followed by:**
  - Poor concentration (14%)
  - Poor memory (9%)
  - More difficulty coping with tasks (9%)

## Question:

# Did you make any specific requests, such as below, to your employer due to menopause symptoms?



## Insight

Of those who were employed whilst going through the menopause (n=432):

- 3% requested flexible working hours due to menopause symptoms
  - While 2% requested teleworking/working from home
- 92% made no specific requests

# Taboos

- A third (33%) have come across **campaigns about the menopause** which put a spotlight on the symptoms
  - With 15% saying these campaigns were **helpful**
- 41% think that menopause is a **taboo subject**
  - With 11% feeling it is very taboo

## Of those who think menopause is a taboo subject (n=205):

- 62% say this is because **it is associated with old people**
- **This was followed by:**
  - The fact it is so different for everyone (58%)
  - People don't like to talk about a 'deterioration' of their body (48%)
  - Embarrassment at disclosing personal problems (40%)
  - A lack of information about it (35%)





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Any questions?

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