

## Possible future changes in menopausal women

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### Abstract

*The study analyzed the relationships among the Self (Actual and Future Self), expectations of future changes and psychological well-being (Actual and Future Satisfaction), in a life period permeated by changes, such as menopause. We hypothesized that Menopause affects negatively actual and future representations and Menopause has a moderating influence on the relation between actual and future representations. The sample is made up of 188 women. Menopausal women are more afraid of future bodily changes, and they had more negative expectations about their own body image, than those who are not yet menopausal. However, despite the pessimistic expectations about the body physiology, a positively oriented trend emerged regarding a future context. Both Actual Self and Actual Satisfaction had a positive impact on expectation about future changes. Furthermore, Menopausal status showed a moderating influence on the relation between Actual Self and Future Self representation. The results underline how a positive representation of the Self helps in dealing with menopausal changes.*

**Keywords:** Middle-age, Satisfaction, Future selves, Identity.

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## 1. Introduction

Middle-age presents several challenges (ageing marks, children going away from home, intensifying burden towards elderly parents) to be dealt with. Men and women can experience this period of life in different ways: either as an opportunity to effect change or as a stressful and negative event. However, how people choose to live this time of transition depends on the social and personal resources available (Klohn, Vandewater, & Young, 1996). Among all these challenges, which people often perceive as negative, women experience the crucial transition of menopause (Helson & Wink, 1992). Menopause is an important and critical life stage. Different psychosocial factors, such as educational level, family and social support, marital satisfaction, cultural backgrounds, and Self-concept, seem to have an important role on how women will deal with this transitional phase, and on quality of life (Cawood & Bancroft, 1996; Kurpius, Nicpon, & Maresh, 2001; Avis, Assman, Kravitz, Ganz, & Ory, 2004; Deeks & McCabe, 2004; Shu, Luh, Li, & Lu, 2007; Smith-DiJulio, Woods, & Mitchell, 2008).

### *1.1. Facing the transformation: from fertility to the loss of ovarian function*

Today, researchers have conceptualized menopause both as a development stage and as a psychosocial event. Consistent with this view, menopause has fundamental impacts on identity, social roles, body image, relationships with others, and on one's own representations of the future (Guaschino & Grimaldi, 1999). Menopause strictly refers to the termination of menstruation, whereas climacteric generally indicates the transition from fertility to the loss of ovarian function between 45 and 55 years, however both terms are often used interchangeably. The end of the reproductive function has impact on several life aspects with physical, metabolic, sexual, relational and psychological effects (Volpe, Genazzani, & Cagnacci, 2003). Due to these complex and general effects, research on this life stage developed in two directions a medical, and a psychosocial one. As the first one focused on symptomatology, the second one emphasized its socio-cultural complexity. Consistent with the social approach, menopause reflects socio-cultural dynamics. In several societies, menopause recalls the ideas of femininity, sexuality, and maternity. People refer usually to changes that concern individuals from birth to adulthood using terms like "development" or "growth" that have positive meanings. Whereas people refer usually to the life period following menopause using term "ageing" that has instead a negative connotation. In western society, menopause is linked to the ideas of loss, ageing and often it is recognized as a disease. This cultural medicalized

pattern limits the creation of alternative identity models of menopausal women (Obermeyer & Sievert, 2007).

The meaning given to menopause is culturally derived and it affects how women live this significant period of their life (Pelcastre-Villafuerte, Garrido-Latorre, & de León-Reyes, 2001; Kowalcek, Rotte, Banz, & Diedrich, 2005). Feminine and masculine identities are socially founded and within this process, relational patterns between women and men are constructed. Furthermore, women's representation of menopause partly reflects their physician's point of view. This promotes a commonly accepted representation of the menopause period as a disease. How women deal with menopause depends on the intrinsic characteristics of this important transition phase, as well as on women's experiences, body conception, sexuality myth, fertility and old age representations (Pelcastre-Villafuerte *et al.*, 2001). Women experience menopausal period in different ways. In literature, researchers highlighted two kinds of important reactions to the disappearance of menstruation. On the one hand, women can live it as the loss of femininity, which relates to the meaning that society assigns to menstruation, to the social role of woman and to ageing. For instance, western society gives high value to woman's youth and beauty, together with her reproductive capacity. On the other hand, the disappearance of menstruation assumes a meaning of freedom from the problems typical of the period and from the constant risk of pregnancy (Estok & O'Toole, 1991; Berger & Wenzel, 2001; Melby, Lock, & Kaufert, 2005). All these social constructions have permeated and founded women's identity and a negative representation of this phase may affect negatively on the quality of life, and satisfaction (Sommer, Avis, Meyer, Ory, Madden, Kagawa-Singer *et al.*, 1999; Blumel, Castelo-Branco, Binfa, Gramegna, Tacla, Aracena *et al.*, 2000; Mishra & Kuh, 2006). Women may have, instead, a positive representation of this phase with positive impacts on their well-being (Bloch, 2002; Dennerstein, Lehert, & Guthrie, 2002; Avis *et al.*, 2004; Ayers, Forshaw, & Hunter, 2010). Other psychosocial factors, such as family support, quality of the relationship with the partner, and sexual satisfaction, seem to affect positively how women will deal with this transitional phase, and how they feel satisfied with their life (Cawood & Bancroft, 1996; Kurpius *et al.*, 2001; Avis *et al.*, 2004; Deeks, & McCabe, 2004; Shu *et al.*, 2007; Smith-DiJulio *et al.*, 2008).

In traditional culture, once completing the biological/cultural task of maternity, women are usually "passed" to the task of psychological mother (grandmother) at the same time, thus assuring a role of continuity to a woman's self-representation. Such continuity does not happen in rural communities of the most traditional countries, such as Iran (Khademi & Cooke, 2003).

## *1.2. Facing future: possible selves in adulthood*

While thinking or describing themselves, individuals use knowledge systems that regard not only the characteristics that they believe they actually have, but also the hypothetical self-states projected into the future. Possible Selves represent that kind of self-knowledge related to how individuals think about their own capabilities and how they foreshadow future changes: what they would like to become, what they might become or are afraid of becoming. Behaviors that individuals put or intend to put in action, as well as their thoughts and their emotions regarding Possible Selves appear influenced and shaped by the idea that they elaborate about themselves. Once arranged into memory, these knowledge structures work as “patterns” that combine to build a well-established concept of self, thus setting many aspects of life, with consequences over thoughts, emotions and actions (Markus & Nurius, 1986).

Markus and Ruvolo (1989) assume that self-representations in the future are an important part of the real performance. Succeeding in a task, for instance, is not only a matter of skills and abilities, but also a matter of motivation. Possible selves are specific self-representations in future states that facilitate performances. They are useful to focus specific aims and to arrange those activities, which are functional to their achievement. This phenomenon also regards self-representation in imaginary situations: for instance, simulating a desired achievement causes a status of positive physiological activation, activates plans and effective strategies to achieve such results (Markus & Ruvolo, 1989).

Age affects hoped for and expected feared Possible Selves. The younger subjects assign high importance to their physical characteristics and to occupational perspectives whereas older subjects assign high importance to their lifestyle (Cross & Markus, 1991). The younger subjects are afraid of occupational and familial future, the older fear physical and lifestyle changes. Therefore, physical characteristics become important in the representation of both young and old people: however, as regards the former, attention seems to be focused, above all, on the need for positive physical characteristics (hoped for Possible Selves) while, in the second case, attention is related to fear of negative physical changes (or expected feared Possible Selves) (Paquette & Raine, 2004).

Many researchers focused especially on Possible Selves during adolescence; however, few researchers focused on this dimension of identity during adulthood. In general, adults perceive themselves as holding several personality attributes linked to age and they feel a moderate and continuous change across their lifetime (Fleeson & Heckhausen, 1997). Ageing seems to affect negatively the ability to image positive changes in the future. Ryff

(1991) found that older people compared to the young expect a greater decline for several well being factors (e.g., planning ability, personal growth, environmental mastery, and quality of relationships) or no changes with regard to the present. Furthermore, there are no studies on menopause within the framework of Possible Selves theory.

## 2. Aims and hypotheses

Middle age represents the beginning of physical decay and that has an influence on the psychological level in terms of well-being and satisfaction. To overcome this phase successfully means handling a balance among the forces that cause change. The latter can be considered adaptive if it brings the individual to positive results relating to those aspects, which are considered important. According to this perspective, Possible Selves are closely related to the perception of control and to the achievable and/or achieved results. Menopause is a life phase in which every woman needs to redefine her identity in terms of Actual and Future Self, by enriching it with new life experiences. As already hypothesized by Gergen (1979), individual experiences related to one's own identity are characterized by flexible behavior, which makes women open to innovations and changes on the basis of new personal, social and environmental requests.

Our interest was to analyze relationships among actual and future representations, in a life period permeated by changes, such as menopause. This research aims to extend the previous literature on menopause effects, and to explore the menopausal period within the theory of Possible Selves (Markus & Nurius, 1986). Markus and Nurius (1986) underlined how Possible Selves result from the representation of the Actual Self. In the same way, actual life satisfaction predicts expectations of future life satisfaction (Mellor, Cummins, & Loquet, 1999). In western cultures menopause is a synonym of loss and ageing. A negative representation of menopause may have a negative effect on life satisfaction, bodily representation and quality of relationship with one's own partner (Cawood & Bancroft, 1996; Sommer *et al.*, 1999; Blumel *et al.* 2000; Kurpius *et al.*, 2001; Mishra & Kuh, 2006). On the other hand, menopause may have instead a positive effect on quality of life (Bloch, 2002; Dennerstein *et al.*, 2002; Avis, *et al.*, 2004; Ayers *et al.*, 2010). Due to the negative effects of menopause, especially in western society, and the positive relationship between actual and future representations, we hypothesized that:

- H<sub>1</sub> Menopause affects negatively actual and future representations;
- H<sub>2</sub> Menopause has a moderating influence on the relation between Actual Satisfaction and future representations;

- H<sub>3</sub> Menopause has a moderating influence on the relation between Actual Self and future representations.

### 3. Method

#### 3.1. Participants

Participants were 188 women aged 45-55 ( $M = 49.45$ ,  $SD = 3.39$ ), resident in Sicily. The sample has a mainly middle level of education (53% completed Junior High School, 37% Senior High School, 10% College) and 52% ( $n = 98$ ) stated as already menopausal.

#### 3.2. Procedure

Participants were recruited within a counseling family center, and two psychology students, under supervision, administered questionnaires in individual sessions. Participants were asked to compile an anonymous questionnaire. The average actual completion time was 15 minutes.

#### 3.3. Measures

In order to guarantee the quality of the data, the administration of instruments has been performed in a “setting face to face” while ensuring the anonymity of the individuals.

- *Future bodily changes.* A Likert scale was used to measure possible future bodily changes typical of the menopause (Cronbach’s alpha = .73). The scale was composed of seven items relative to menopausal status:

1. Skin elasticity,
2. Smooth face,
3. Radiance of gaze,
4. Breast turgidity,
5. Good posture,
6. Vaginal secretion,
7. Amount of perceived disorders and uneasiness.

It was requested for each item to specify the expectations of possible future bodily changes from -3 = highly negative to +3 = highly positive (midpoint = 0).

- *Partner relationship.* A Likert scale was used to measure possible future changes regarding emotional-relational aspects with the partner

(Cronbach's alpha = .81). The scale was composed of five items relative to:

1. Quality of attention towards her,
2. Possibility that he may search for sexual satisfaction with other women (reverse-scored),
3. Amount of time spent together,
4. Her being attentive towards him,
5. Possibility that he may establish sentimental relationships with other women (reverse-scored).

It was requested for each item to specify the expectations of possible future changes from -3 = highly negative to +3 = highly positive (midpoint = 0).

- *Actual and Future Self.* Two semantic differentials were used to measure actual and future Self representations (Osgood, Suci, & Tannenbaum, 1957). They were made up of 34 couples of polar adjectives, each evaluable on a 7-point scale (coded from -3 to +3, midpoint = 0). This scale version was already tested in the Sicilian context (Di Nuovo & Licciardello, 1997; Castiglione, Licciardello, Mauceri, & Rampullo, 2012; Falanga, De Caroli, & Sagone, 2012). It was used in order to "measure" the Self dimensions: "Actual Self" (me as I am), (Cronbach's alpha = .82), "Future Self" (me as I will be), (Cronbach's alpha = .90).

- *Actual, and Future Satisfaction.* Two "feelings thermometers" were used in order to measure the actual and future life satisfaction (Mellor *et al.*, 1999). Participants were asked to think about how they were satisfied with their actual life and to rate it by a "feeling thermometer" graduated from 1 to 100. Then, participants were asked to imagine how they will be satisfied about their life in the future and to rate it (Future Satisfaction).

- *Menopausal status.* A question was used to self-report menopausal status, the item was coded as -1 "Premenopause" and +1 "Menopause".

- *Background questionnaire.* Questions were used to get information about age, educational level, and place of residence.

## 4. Results

### 4.1. Actual and future representations

On the whole, the field of the future bodily changes has appeared the only factor characterized by changes of a negative sign. As regards those aspects concerning the relationship with the partner, our participants have instead expressed positive expectations about possible changes in the future. The dimensions of the Self, both Actual and Future, show a positive future

oriented framework. Our participant showed high levels of life satisfaction, both Actual and Future (Tab. 1).

**Table 1 - Means, Standard Deviations and Correlations of all variables**

	1	2	3	4	5	6	7
1. Future bodily changes	1						
2. Partner relationship	.20**	1					
3. Actual Self	.21**	.26**	1				
4. Future Self	.28**	.17*	.67**	1			
5. Actual Satisfaction	.20**	.37**	.21**	.20**	1		
6. Future Satisfaction	.13	.31**	.26**	.37**	.60**	1	
7. Age	-.01	-.02	.03	.03	-.04	-.14	1
<i>M</i>	-.70	.63	.94	.95	70.06	76.12	49.45
<i>SD</i>	.81	1.11	.70	.89	21.54	20.75	3.39

\*  $p < .05$ ; \*\*  $p < .01$ .

Note: Future bodily changes, Partner relationship, Actual Self, and Future Self range from -3 to +3; Actual Satisfaction and Future Satisfaction range from 1 to 100.

#### 4.2. Menopause effects on actual and future representations

With regard to the first hypothesis, we tested the effect of Menopausal status on actual and future representations by using an independent sample  $t$  test. Menopausal status had a significant and negative impact only on the future bodily changes scale ( $t = -2.27$   $p = .02$ ). Menopausal women compared to those who are not menopausal had significantly more negative expectations about future bodily changes. Menopausal status did not significantly affect other measures (Tab. 2).

**Table 2 - Means of Actual and Future representations by Menopausal status**

Menopausal status	Future bodily changes		Partner relationship		Actual Self		Future Self		Actual Satisfaction		Future Satisfaction	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Menopause (n = 98)	-.83	.77	.56	1.18	.90	.69	.89	.92	68.38	21.34	74.05	19.43
Premenopause (n = 90)	-.57	.83	.72	1.03	.98	.72	1.01	.85	71.89	21.71	78.37	21.98

Note: Future bodily changes, Partner relationship, Actual Self and Future Self range from -3 to +3; Actual Satisfaction and Future Satisfaction range from 1 to 100.



### 4.3. Menopause and Actual Satisfaction effects on representations of future changes

To test the second hypothesis a hierarchical regression was conducted (Baron & Kenny, 1986). For each dependent variable (Future bodily changes; Partner relationship; Future Self and Future Satisfaction), in Step 1, we measured the main effect of age (control variable); in Step 2, we measured the main effect of the two predictors (Menopausal status and Actual Satisfaction); in Step 3, two-way product was added. Actual Satisfaction was centered to avoid multicollinearity (Jaccard, Wan, & Turrisi, 1990).

Table 3 - Hierarchical Regression Analyses evaluating the moderating effect of menopause on the relation between Actual Satisfaction and Future representations variables (main and interaction effects are  $\beta$  values)

	Dependent Variables			
	Future bodily changes	Partner relationship	Future Self	Future Satisfaction
Step 1				
Age	-.01	-.03	.03	-.14*
$R^2$	.00	.00	.00	.02
$F$	.03	.149	.19	3.88*
$df$	(1.186)	(1.186)	(1.186)	(1.186)
Step 2				
Age	.14	.02	.12	-.14
A Actual Satisfaction	.19**	.37***	.20**	.60***
B Menopause	-.24**	-.06	-.13	.03
$R^2$	.08	.14	.06	.38
$F$	4.98	10.16***	3.58*	37.82***
$df$	(3.184)	(3.184)	(3.184)	(3.184)
$Fch$	7.46***	15.16***	5.28**	53.69***
$df$	(2.184)	(2.184)	(2.184)	(2.184)
Step 3				
Age	.14	.03	.12	-.14
A Actual Satisfaction	.19**	.37***	.20**	.61***
B Menopause	-.24**	-.06	-.13	.03
A X B	.10	.09	.05	-.10
$R^2$	.09	.15	.06	.38
$F$	4.30	8.05***	2.79*	29.38***
$df$	(4.183)	(4.183)	(4.183)	(4.183)
$Fch$	2.00	1.60	.44	2.90
$df$	(1.183)	(1.183)	(1.183)	(1.183)

\*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Age showed significant negatively effects only on Future Satisfaction. In Step 1 age did not show a significant effect when predictors and interaction term were added in Step 2 and in Step 3. In Step 2 Actual Satisfaction had a significant and positive impact on all outcome measures. It had a higher positive effect on future life satisfaction, and on future expectation about the relationship with the partner. Menopausal status had a significant and negative impact only on Future bodily changes. In step 3 the two-way interaction was never significant.

#### 4.4. Menopause and Actual Self effects on representations of future changes

To test the third hypothesis a hierarchical regression was conducted (Baron & Kenny, 1986). For each dependent variable (Future bodily changes; Partner relationship; Future Self; and Future Satisfaction) in Step 1 we measured the main effect of age (control variable); in Step 2 we measured the main effect of the two predictors (Menopausal status and Actual Self); in Step 3 a two-way product was added. Actual Self was centered to avoid multicollinearity (Jaccard, Wan, & Turrisi, 1990).

Age showed significant negatively effects only on Future Satisfaction. In Step 1 age did not show a significant effects when predictors and interaction term were added in Step 2 and in Step 3. In Step 2 Actual Self had a significant and positive impact on all outcome measures. It had a higher positive effect on Future Self. Menopausal status had a significant and negative impact only on Future bodily changes.

Table 4 - *Hierarchical Regression Analyses evaluating the moderating effect of menopause on the relation between Actual Self and Future representations variables (main and interaction effects are  $\beta$  values)*

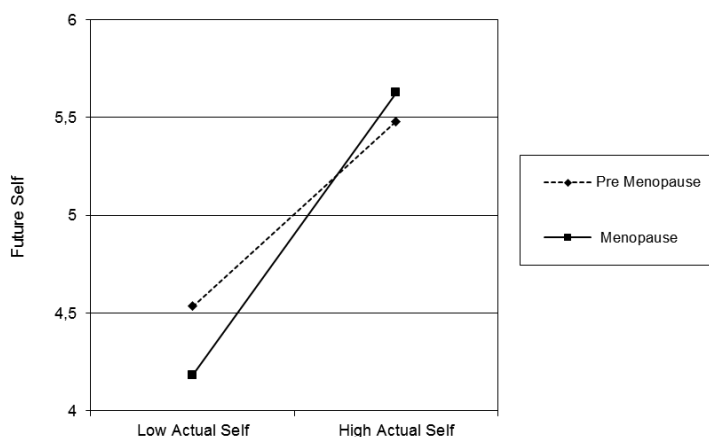
	Dependent Variables			
	Future bodily changes	Partner relationship	Future Self	Future Satisfaction
Step 1				
Age	-.01	-.03	.03	-.14*
$R^2$	.00	.001	.001	.02
$F$	.03	.149	.19	3.88*
$df$	(1.186)	(1.186)	(1.186)	(1.186)

Step 2				
Age	.12	.00	.05	-.16
A Actual Self	.20**	.26***	.67***	.27***
B Menopause	-.24**	-.06	-.06	.01
$R^2$	.08	.07	.46	.09
$F$	5.16**	4.82***	51.34***	6.29***
$df$	(3.184)	(3.184)	(3.184)	(3.184)
$Fch$	7.72***	7.15***	76.83***	7.36***
$df$	(2.184)	(2.184)	(2.184)	(2.184)
Step 3				
Age	.12	.00	.04	-.16
A Actual Self	.20**	.26***	.67***	.27***
B Menopause	-.24**	-.06	-.06	.01
A X B	-.10	-.02	.14**	.07
$R^2$	.09	.07	.48	.10
$F$	4.36**	3.62**	41.43***	4.94***
$df$	(4.183)	(4.183)	(4.183)	(4.183)
$Fch$	1.90	.07	6.84***	.89
$df$	(1.183)	(1.183)	(1.183)	(1.183)

\*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

In step 3 the two-way interaction was significant only for the Future Self measure. Simple slopes analyses showed that the relationship between Actual Self and Future Self was significant and positive for both premenopausal and menopausal women. Actual Self effect on Future Self was higher in menopausal women ( $\beta = .81$ ,  $t = 10.643$ ,  $p < .001$ ) than in premenopausal women ( $\beta = .53$ ,  $t = 6.923$ ,  $p < .001$ ).

Figure 1 - *Interaction between Menopause and Actual Self. Dependent variables: Future Self. High and low score of Actual Self are intended at one standard deviation above and one standard deviation below the mean*



## 5. Discussion and Conclusion

In general, through the model suggested by Schulz and Heckhausen (1996), according to which biological development has a curvilinear aspect, we have found an expectation of decline in relation to the body physiology. However, in contrast with what has been underlined by several researchers, including Ryff (1991), all this does not seem to have any impact on the representation of the future. To this end, we have found a slight increase of the dimensions concerning the quality of relationship with the partner and, despite the pessimistic expectations about the body physiology, scores underline a trend which is positively oriented towards the future. In line with literature (Mellor *et al.*, 1999), even the results relating to the level of life satisfaction with their own life give evidence to this. The women of our sample are satisfied with their own lives, and, even believe that their level of satisfaction could further increase in the future. Also, the data relating to the dimensions of the Self are positively oriented, even if not so greatly.

Our first hypothesis was only partially confirmed. The only difference we have noticed among menopausal women and those who are not yet menopausal concern the negative change of the body physiology. Menopausal women are more afraid of future bodily changes, they had more negative expectations about their own body image than those who are not yet menopausal. If on the one hand the “natural” pessimistic expectations about the body physiology support the results of that literature (Sommer *et al.*, 1999; Blumel *et al.* 2000; Mishra & Kuh, 2006.) which has proved how menopause can constitute for women a feeling of loss regarding something that defines and identifies them (menopause represents the end of fertility and a step towards ageing).

On the other hand, we have noticed a positively oriented trend towards the future in relation to the psychosocial searched dimensions. This element is not confirmed by the specific literature about menopausal women, but in the literature concerning Possible Selves (Markus & Nurius, 1986), which represents that kind of knowledge of the Self relating to how individuals think about their own capabilities and how they foreshadow the future.

Our second hypothesis was not confirmed. Menopausal status did not have a moderating influence on the relation between Actual Satisfaction and future representations. However, the actual representation (both Actual Self and Actual Satisfaction) showed a positive impact on expectations about future changes. The higher that Actual Satisfaction and Actual Self resulted, the less they were concerned about the decay of their own body. Furthermore, actual representations positively predicted future expectation about the future relationship with the partner, future life satisfaction and

future Self representation.

Our third hypothesis was partially confirmed. Menopausal status showed a moderating influence only on the relation between Actual Self and Future Self representation. Menopause seem to negatively affect Future Self representation only when women have a negative Actual Self representation. Whereas menopausal status seems to positively affect Future Self representation when women have – instead – a positive representation of Actual Self.

The results of this research add new knowledge in the literature on the psychosocial consequences of menopause, especially on the effects of menopausal status within Possible Selves theory framework (Cross & Markus, 1991). The results confirm that a positive representation of the Self helps in dealing with menopausal changes. Results underline that a good quality of life of those women who are moving towards old age is correlated with a positive representation of one's own social and psychological future. According to this, our sample seems to underline the importance of the quality of life in terms of a greater satisfaction and positive relationships with the partner in the near future. Already in the research conducted by Cross and Markus in 1991, the older subjects assigned more importance to life style and linked their fears to physical changes and to lifestyle.

Therefore, menopause represents a life phase in which women deal with changes in responsibility, role, and relationships with others. These changes can affect negatively their image and their future Self representation. However, this seemed true only for women with a negative actual representation of their Self, whereas for women with a positive actual Self representation these changes could represent the beginning of new challenges for a positive psychological growth. Therefore, menopause is a period of critical transition not only in terms of biological changes, but also because changes on the social and psychological level take place at the same time. The results of this study support Markus and Ruvolo (1992) thesis about identity features such as positive levels of the Self can play a decisive role in facing this change and in developing a positive representation of the future.

Our study contains several limitations. Menopause was self-reported, it has been measured only with one question and we did not consider the effects of perimenopausal status. Future research may use other measures to deepen moderating effects of menopausal status. Furthermore, we have built specific measures (e.g., Body physiology and future relationship with the partner) for the purposes of the present study. Another limitation is that results may depend, at least partially, on self presentation concerns, therefore future researchers should consider controlling for this variable. To deepen the analysis of causal relationships, future studies should use other

designs (e.g., Longitudinal). Future researchers may consider subdividing samples in different ways (e.g., perimenopausal women) or may focus on other sample characteristics and life domain (e.g., working status; professional role and job satisfaction), and their effects on Actual and Future Self.

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