

### Abstract

The objective of the present study was to explore the menopausal experience of local Chinese women in general, and the relationship between personality and psychological well-being during menopause in particular. Community sample of 201 women in Hong Kong were surveyed by filling in questionnaires. The questionnaire included 12 CPAI scales, life satisfaction index, a menopausal symptom list, information on menopausal status and attitude towards menopause and demographic data. Psychological well-being was conceptualized as psychological distress in its negative sense and life satisfaction in its positive sense. The focus was to explore the best predictors among four groups of independent variables, namely, demographics, universal personality traits, Chinese personality traits and menopausal related variables. Results indicated that local women mostly reported mild menopausal symptoms. Universal personality traits strongly predicted psychological distress in these menopausal women. Chinese personality traits yielded minimal addition predictions and demographics did not have significant contribution to the prediction. This study supports the hypothesis that the personality traits of a woman is much more important than the state of menopausal transition in predicting her psychological well-being. The implication is that promoting mental health and enhancing a more healthy personality are of equal importance to promoting physical health of local middle-aged women to prepare for their menopausal adjustment.