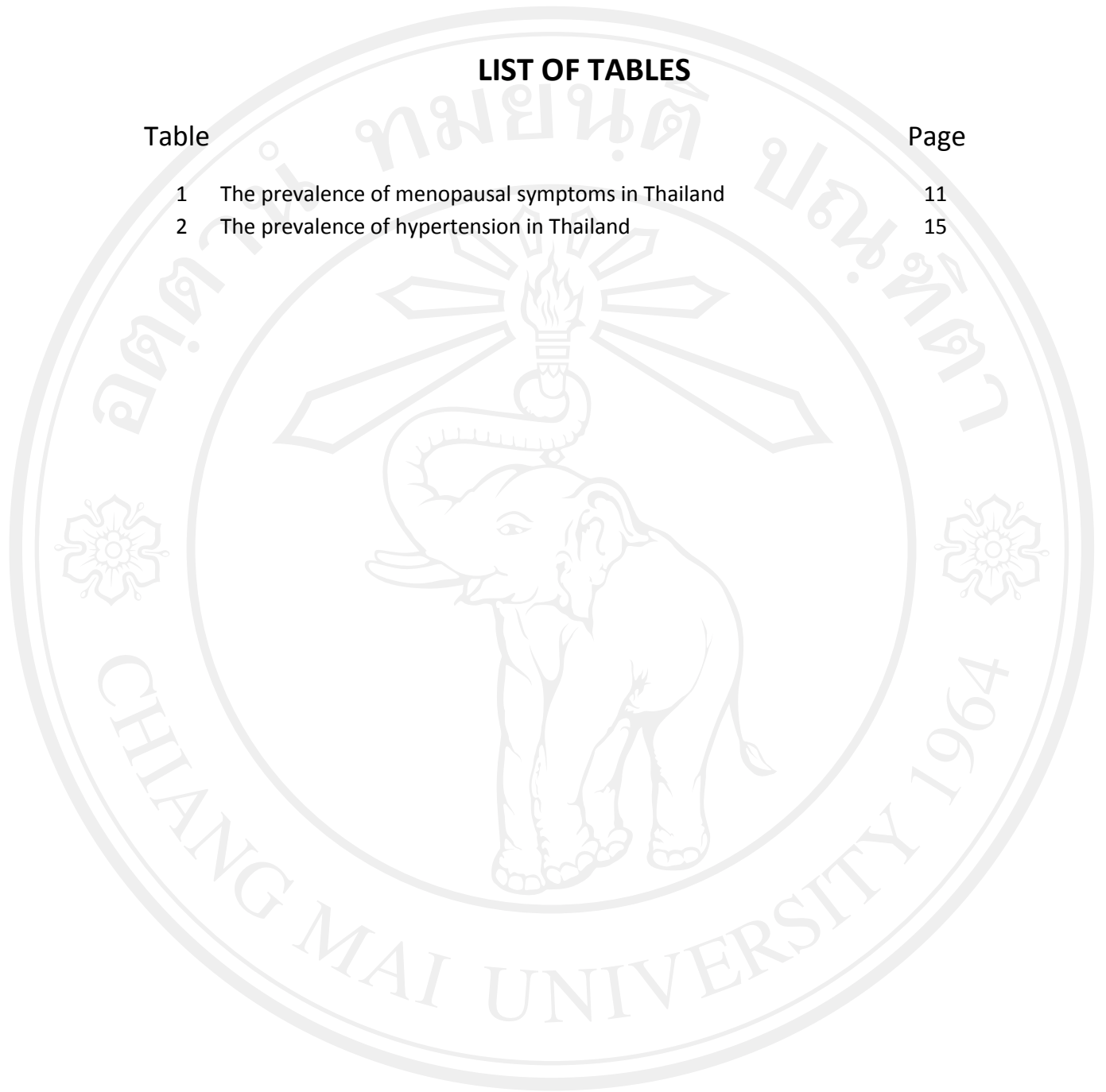


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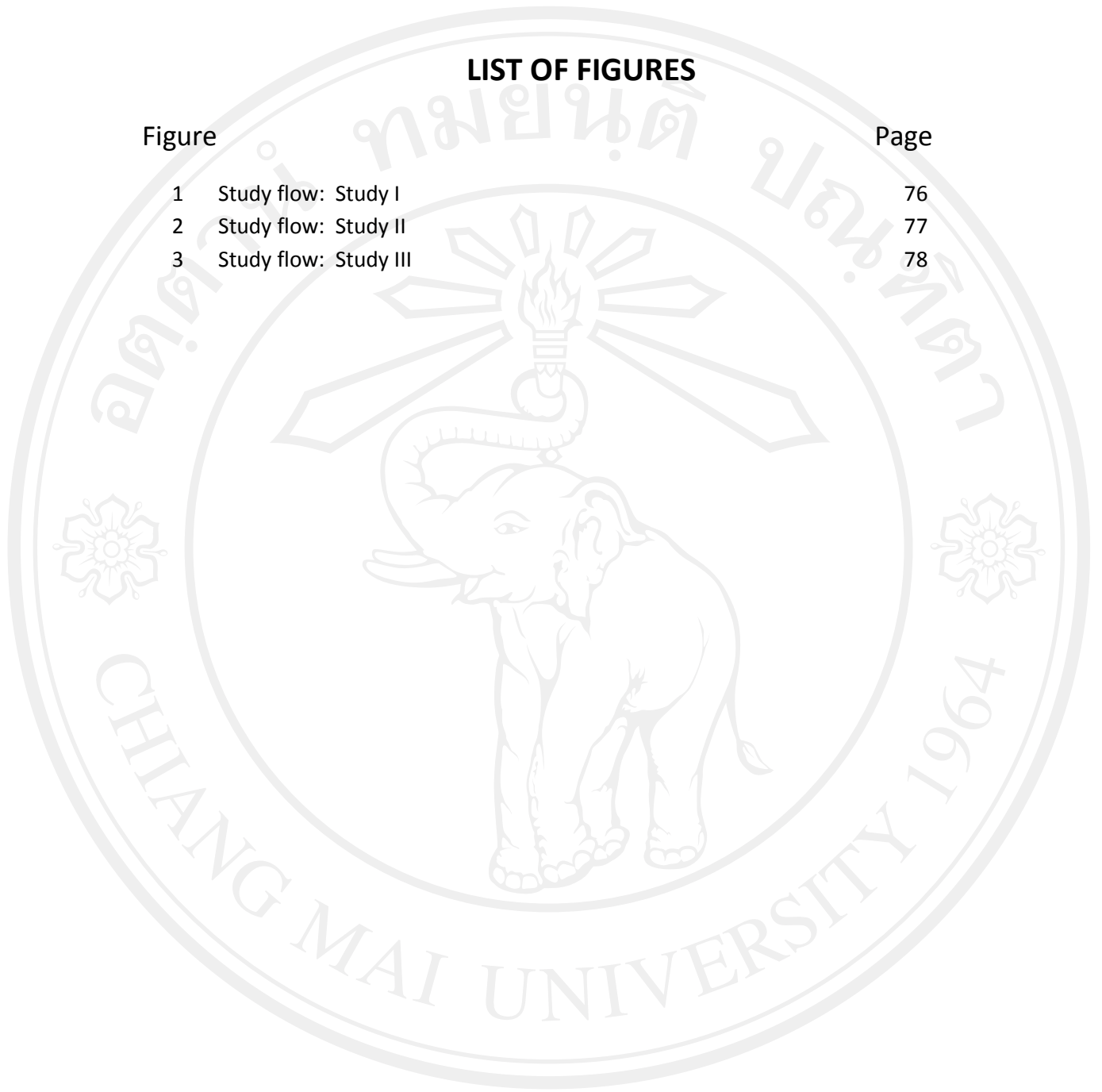
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ABBREVIATIONS

| | |
|-------|---------------------------------------|
| AR | Applied relaxation |
| CHD | Coronary heart disease |
| CVD | Cardiovascular disease |
| DBP | Diastolic blood pressure |
| FMP | Final menstrual period |
| HF | Hot flash |
| HT | Hypertension |
| IMS | International Menopause Society |
| NIH | National Institutes of Health |
| MR | Modified relaxation |
| MRS | Menopause Rating Scale |
| QOL | Quality of life |
| RCT | Randomized controlled trial |
| SBP | Systolic blood pressure |
| STRAW | Stages of Reproductive Aging Workshop |
| WHI | Women's Health Initiative |
| WHO | The World Health Organization |

Publications based on studies described in this thesis

Chapter 5

Saensak S, Vutyavanich T, Somboonporn W, Srisurapanont M. Relaxation for perimenopausal and postmenopausal symptoms. *The Cochrane Library* 2013, Issue 7. Art. No.: CD008582. DOI: 10.1002/14651858.CD008582.pub2.

Saensak S, Vutyavanich T, Somboonporn W, Srisurapanont M. Effectiveness of a modified version of the applied relaxation technique in treatment of perimenopausal and postmenopausal symptoms. *International Journal of Women's Health* 2013;5; 765-771.

Chapter 6

Saensak S, Vutyavanich T, Somboonporn W, Srisurapanont M. Modified relaxation technique for treating hypertension in Thai postmenopausal women. *Journal of Multidisciplinary Healthcare* 2013;6; 373–378.