

# Systemic hormone therapy during menopause may up risk for depression

November 4 2022

---



Systemically administered hormone therapy (HT) during menopause is

associated with a higher risk for depression, according to a study published online Nov. 1 in *JAMA Network Open*.

Marie K. Wium-Andersen, M.D., Ph.D., from Bispebjerg and Frederiksberg Hospitals in Denmark, and colleagues examined whether use of HT during [menopause](#) was associated with a subsequent diagnosis of depression using data from 825,238 women in Denmark (followed from 45 years to a mean 56 years of age).

The researchers found that systemically administered HT was associated with a higher risk for a subsequent depression diagnosis (hazard ratio [HR] for women 48 to 50 years of age, 1.50; 95 percent confidence interval [CI], 1.24 to 1.81). Even higher risk was seen in the year after initiation for treatment with estrogen alone (HR, 2.03; 95 percent CI, 1.21 to 3.41) or estrogen combined with progestin (HR, 2.01; 95 percent CI, 1.26 to 3.21). Depression risk was not significantly elevated with locally administered HT (HR, 1.15; 95 percent CI, 0.70 to 1.87). However, when initiated after 54 years of age, locally administered HT was associated with a lower risk for depression (HR for women 54 to 60 years of age, 0.80; 95 percent CI, 0.70 to 0.91).

"These findings suggest that [women](#) undergoing menopause who initiate systemically administered HT should be aware of [depression](#) as a potential adverse effect, and locally administered HT should be recommended when needed," the authors write.

**More information:** Marie K. Wium-Andersen et al, Association of Hormone Therapy With Depression During Menopause in a Cohort of Danish Women, *JAMA Network Open* (2022). [DOI: 10.1001/jamanetworkopen.2022.39491](#)

Copyright © 2022 [HealthDay](#). All rights reserved.

Citation: Systemic hormone therapy during menopause may up risk for depression (2022, November 4) retrieved 12 June 2024 from <https://medicalxpress.com/news/2022-11-hormone-therapy-menopause-depression.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.