

**FIGURE 14.1. Resources for Patients Demonstrating Peripartum Depression: Websites and Books**

Type	Location	Description
Websites	National Institute of Mental Health ( <a href="https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml">https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml</a> )	Provides patient materials defining peripartum and postpartum symptoms as well as information on treatment and how family and friends can help
	U.S. National Library of Medicine (Medline Plus; <a href="https://www.nlm.nih.gov/medlineplus/postpartumdepression.html">https://www.nlm.nih.gov/medlineplus/postpartumdepression.html</a> )	Provides patient information on peripartum and postpartum symptoms and treatment
	Mayo Clinic ( <a href="https://www.mayoclinic.org/diseases-conditions/postpartum-depression/basics/definition/con-20029130">https://www.mayoclinic.org/diseases-conditions/postpartum-depression/basics/definition/con-20029130</a> )	Provides information on symptoms, causes, risk factors, complications, treatments, coping, and support
Book	<i>The Postpartum Depression Workbook: Strategies to Overcome Negative Thoughts, Calm Stress, and Improve Your Mood</i> (Burd, 2020)	<p>“This depression workbook is here to guide you on your journey, providing supportive strategies and tools grounded in cognitive behavioral therapy (CBT) proven to help you understand, cope with, and reduce your PPD symptoms. Discover common signs of PPD, what it is, and what you can do about it. Explore your thoughts, feelings, and relationships, plus self-care practices through a variety of practical and insightful exercises in this depression workbook.</p> <p>This depression workbook includes:</p> <ul style="list-style-type: none"> <li>• Primer on PPD—Discover if you might have PPD, take a look at common causes and risk factors, and see how PPD can impact your partner.</li> <li>• Lasting relief—The CBT-based postpartum strategies in this depression workbook will help you adopt a positive mindset, improve your mood, deepen your relationships, and find time to recharge.</li> <li>• Parents like you—Find kinship in real-life scenarios from other parents, paired with practical advice, simple tips, and interactive exercises.</li> </ul> <p>This depression workbook provides the strategies, tools, and support you’ll need for a healthy and happy transition into parenthood.” (Simon &amp; Schuster, 2020, paras. 3–8)</p>

Note. PPD = postpartum depression.

**FIGURE 14.2. Resources for Patients Demonstrating Chronic Pelvic Pain: Websites, Mobile Applications, and Books (*continues*)**

Type	Location	Description
Websites	UpToDate ( <a href="https://www.uptodate.com/contents/chronic-pelvic-pain-in-women-beyond-the-basics">https://www.uptodate.com/contents/chronic-pelvic-pain-in-women-beyond-the-basics</a> )	Includes links to information on causes, diagnosis, treatment, and coping by disease
	WebMD ( <a href="https://www.webmd.com/women/tc/chronic-female-pelvic-pain-topic-overview">https://www.webmd.com/women/tc/chronic-female-pelvic-pain-topic-overview</a> )	Includes information on cause, symptoms, risks, exams and tests, prevention, medication, and treatment
Mobile application	Branch Health (Google Play store, Android and Apple iOS)	<p>“Branch Health is a mobile companion for chronic pain management. An app for pain patients available on iOS and Android, and offered as a reimbursable service by Medicare and many commercial insurance providers, Branch Health has been named the official patient engagement app of the U.S. Pain Foundation and has been used by more than 30,000 patients in both private practice and at some of the nation’s leading health systems.</p> <p>Branch offers evidence-backed tools to help engage people who live with chronic pain:</p> <ul style="list-style-type: none"> <li>• pain and medication tracking</li> <li>• mindfulness and physical therapy</li> <li>• community support</li> <li>• educational resources</li> <li>• clinical integration” (Upside Health, n.d., paras. 1–8)</li> </ul>
Books	<i>Managing Pain Before It Manages You</i> , 4th ed. (Caudill, 2016)	Details 10 steps that can change the way pain sufferers feel, both physically and emotionally. It includes treatments for coping with flareups, solving everyday problems, and using power of relaxation techniques; content on mindfulness; a “Quick Skill” section in each chapter with simple exercises, supplementary reading, and resources (including smartphone apps); and more. Practical tools include MP3 audio downloads and easy-to-use worksheets that purchasers can download and print.

**FIGURE 14.2. Resources for Patients Demonstrating Chronic Pelvic Pain: Websites, Mobile Applications, and Books (*continued*)**

Type	Location	Description
Books ( <i>continued</i> )	<i>Breaking Through Chronic Pelvic Pain: A Holistic Approach for Relief</i> (Weiss, 2019)	“Do you suffer from chronic pelvic pain your practitioner is unable to treat effectively? Or are you a practitioner who has struggled to identify the cause and treat your patients’ pelvic pain? Having developed his groundbreaking holistic approach over 20 years ago, Dr. Weiss has become a world-renowned authority in this oft-overlooked field. <i>Breaking Through Chronic Pelvic Pain</i> will empower you to discover the true source of debilitating pelvic pain and finally alleviate it.” (Weiss, 2019, back cover)
	<i>The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life</i> (Zoffness, 2020)	“In this groundbreaking workbook, you’ll find a comprehensive outline of this effective biopsychosocial approach, as well as scientifically supported interventions rooted in cognitive-behavioral therapy (CBT), mindfulness, and neuroscience to help you take control of your pain—and your life! You’ll learn strategies for creating a pain plan for home and work, reducing reliance on medications, and breaking the pain cycle. Also included are tips for improving sleep, nutrition for pain, methods for resuming valued activities, and more.” (New Harbinger Publications, 2020, para. 3)

### **FIGURE 14.3. Additional Functional Assessment Questions for Women Going Through Menopause**

Women experiencing menopause may have a variety of problem symptoms. Some of the most common are hot flashes, sleep problems, and vaginal dryness. Do you have any of these or other bothersome symptoms?

#### **Hot Flashes**

Inquire about stressful environments and other triggers.

- Over the last month, have you found you are stressed, worried, anxious, frustrated, or agitated? If yes, then:
- What times and situations do you feel this way?
- What are the physical symptoms you notice?
- What thoughts do you have in these situations?
- How do others respond to you?
- What do you do to manage these symptoms?
- Is there anything that makes the symptoms better or worse?
- Were there other times in your life when you felt this way?

If not specifically identified, assess caffeine and alcohol use, hot drinks, and hot environments as triggers.

#### **Sleep Problems/Night Sweats**

- Use the standard sleep behavior assessment from Chapter 5.
- When do night sweats wake you?
- Once awake, what do you do to manage?
- What thoughts typically go through your mind when you cannot sleep?
- Is there anything that makes your night sweats better or worse?
- Does room temperature seem to have an impact on the number of night sweats?

#### **Sexual Difficulties Related to Decreased Lubrication**

- Do you have problems with vaginal lubrication (too dry during sex)? If yes, then inquire specifically about the problem(s), then ask:
- Have you done anything to help improve vaginal lubrication?

#### **Expectations/Interpretations**

- On a 0 to 10 scale with 0 = worst coping ever and 10 = best coping ever, how would you rate your ability to cope with your symptoms?
- Sometimes women feel embarrassed about their symptoms. Do you feel that way?
- Do you worry about not being in control of your symptoms?
- What do you know about menopause?

**FIGURE 14.4. Hot Flash Symptom Diary**

Date	Time	Severity (0–10)	Length	Situation/ triggers	Action taken

Please use this form to record all hot flashes. Severity scale ranges from 0 (no symptoms) to 10 (the most extreme hot flash symptoms you can imagine). “Situation/triggers” could include stressors, activities, thoughts, alcohol, or other factors you believe may trigger or worsen your hot flashes. “Action taken” refers to what you did when the hot flash occurred (e.g., left the room, removed clothing, took some deep breaths, told yourself calming thoughts).

**FIGURE 14.5. Managing Menopausal Hot Flashes With Reassuring Thinking**  
**(continues)**

Stressful, alarming thoughts may increase the severity of menopausal hot flashes. Alarming thoughts about the hot flashes may also lead to more difficulty coping effectively with the symptoms. One tool to help better manage menopausal symptoms is to change or disrupt a pattern of alarming or unhelpful thoughts by replacing them with more reassuring or supportive statements consistent with your values and how you want to live your life.

**1. Identify Your Negative Self-Talk**

The first step in changing unhelpful thinking is to identify your negative, alarming self-talk related to menopausal symptoms. Here are some examples of common thoughts women may have about these symptoms. *Place a check mark next to any thoughts that seem relevant to you.*

- ☐ Oh no—here it comes.
- ☐ Everyone is noticing how much I’m sweating right now.
- ☐ I can’t deal with this right now.
- ☐ People will think I’m strange/anxious/old/etc.
- ☐ Something is physically wrong with me.
- ☐ I can’t stand this.
- ☐ This sweating is so embarrassing.

What other alarming or negative self-talk might you notice when you experience hot flashes?  
Please list them below:

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**FIGURE 14.5. Managing Menopausal Hot Flashes With Reassuring Thinking**  
**(continued)**

**2. Develop Reassuring Coping Statements**

The second step in changing alarming thinking is to accept what's happening by making reassuring, calming, and helpful statements to yourself. This may help to keep your initial symptoms from escalating to higher levels and can give you a greater sense of control over the situation.

Some people find it helpful to write or record several coping statements on their phone or on a 3 x 5 index card. When hot flash symptoms begin, refer to those coping statements and repeat them to yourself to help manage the symptoms and your reaction in a healthier manner.

Here are some examples of positive coping statements that people have found helpful when they first feel the symptoms of hot flashes coming on. *Place a check mark next to the coping statements you believe could be most helpful for you.*

- ☐ I don't *like* feeling this way, but I can *accept* it.
- ☐ I can feel like this and still be okay.
- ☐ I can handle these symptoms or sensations.
- ☐ These symptoms are natural—I'm perfectly healthy.
- ☐ I'm going to go on with what I'm doing and wait for my symptoms to decrease.
- ☐ I'll just let my body do its thing. This will pass.
- ☐ I can do my coping strategies (e.g., relaxation) and allow this to pass.
- ☐ Fighting and resisting isn't going to help—so I'll just let it flow.
- ☐ My symptoms are not very noticeable—they feel stronger than they look to others.
- ☐ So what?

What additional coping statements do you believe would be helpful for you to combat your own alarming self-talk? \_\_\_\_\_

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**FIGURE 14.6. Resources for Patients With Menopause: Websites, Mobile Applications, and Books (*continues*)**

Type	Location	Description
Website	The North American Menopause Society ( <a href="https://www.menopause.org/for-women">https://www.menopause.org/for-women</a> )	Provides information on symptoms, treatment, and coping
Mobile applications	MenoPro (Apple iOS and Android)	Free mobile application helps patients work with their provider to personalize treatment decisions (e.g., hormone vs. nonhormone options). It includes links to education materials, including a downloadable <i>MenoNote</i> on behavioral and lifestyle modifications to reduce hot flashes, information pages on the pros and cons of hormone versus nonhormone therapy options, a discussion of pill versus patch therapy, and information on treatment options for vaginal dryness and pain with sexual activities, with links to tables with information about different medications.
	balance - Menopause Support (Apple iOS and Android)	<p>“Understand more about your menopause with the help of expert medically approved content that’s tailored around you.</p> <p>Keep an eye on your symptoms and health with the help of the balance journal.</p> <p>Understand your treatment options in the review section, where others have shared their honest experiences of both HRT and alternatives.</p> <p>Prepare for any healthcare appointments you may have by downloading your own personalised Health Report®. Our ‘at-glance’ summary allows your healthcare professional to diagnose your peri/menopause more quickly and discuss treatment options with you.</p>



**FIGURE 14.6. Resources for Patients With Menopause: Websites, Mobile Applications, and Books (*continued*)**

Type	Location	Description
Mobile applications ( <i>continued</i> )	balance - Menopause Support (Apple iOS and Android) ( <i>continued</i> )	Track any changes to, or patterns in, your symptoms and health over time with the help of graphs to show you how things are going. Join experiments that have each been specifically designed to help relieve certain symptoms of the menopause.  Share your stories and read others', balance is a safe place to talk about this time in your life with people who understand. Here you can feel supported whilst also helping others." (Paused for Thought, n.d., paras. 12–18)
Books	<i>Managing Hot Flushes and Night Sweats: A Cognitive Behavioural Self-Help Guide to the Menopause</i> , 2nd ed. (M. Hunter & Smith, 2020)	"Offers up-to-date and evidence-based information about the menopause and about hot flushes and night sweats, which are the main reason that women seek medical help.  The four-week self-help guide uses cognitive behavioral therapy, providing information and strategies for managing hot flushes and night sweats, as well as stress and sleep. The guide is interactive with exercises and homework tailored to women's individual circumstances and lifestyles. It challenges myths about menopause and aging and provides better understanding of flushes which in turn reduces stress and improves post-menopausal well-being. The various chapters discuss processes of identification and modification of triggers of hot flushes and offers tips to women on dealing with hot flushes in social and work situations.  The guide can be as effective as eight hours of group CBT and will help women who want to try a non-medical treatment that is brief and effective without side effects, or just want to be better informed." (Taylor & Francis Group, 2020, paras. 1–3)
	<i>The Menopause Book</i> (Kantrowitz & Wingert, 2018)	"Incorporates the latest medical findings, cutting-edge research, and best-practices advice. Expertly separating fact from fiction in the latest 'breakthrough' medical studies, it shows you what to pay attention to, and what you can ignore. Learn about the role of hormones and the latest advances in hormone therapy. The truth about hot flashes and how to deal with getting one at work. The impact of menopause on sexuality and how to manage an up-and-down libido. There are chapters on heart health (how to protect it), moods (how to ride them out), and exercise (how to stretch without strain). And finally, why this period of life can be a natural springboard to staying healthy, feeling great, and looking beautiful for the next act of your life." (Workman, 2018, para. 1)