The Women's Healthy Ageing Project (WHAP) contains three phases:

**Phase I: Cross-Sectional and Recruitment Study (1990/1991) - The Melbourne Women’s Midlife Health Project (MWMHP)**

The overall aims of this phase were:

- To describe women’s experiences of the natural menopausal transition.
- To correlate menopausal experience with social variables.
- To assess factors relating to the use or non-use of formal health care services (attendance at menopause clinic, doctor, use of hormonal or other therapies).


The overall aim of this phase was to describe the natural history of the menopause in Australian women.

Specific aims were:

- To provide quantitative information on changes in various health outcomes during the climacteric years.
- To model ways in which psychosocial and biological factors might interact in their effects on health & behaviour.
- To determine which predictive variables are associated with the maintenance of health status and quality of life.
- To identify the characteristics of women who may be at an increased risk for specific health disorders.
- To provide a justification for interventions designed to prevent disorder and maintain health in those at risk.
- To prepare educational information based on the research findings for: women in the community in order to promote their health in mid and later life; and for health professionals.

**Phase III: Intermittent longitudinal assessment – WHAP (Since 2000)**

The overall aim of this phase is to characterise changes in health, lifestyle and quality of life outcomes in ageing. The major focus of this unique database is in analysing measures in midlife and later life.

Health outcomes studied include:

- Cardiovascular health and function
- Bone mineral density
- X-rays and biochemical bone turnover markers
- Memory, mood and cognition
- Hormone profile and symptoms,
- Self-rated health and quality of life.

The major focus of this unique database is in analysing measures in midlife and later life.
WHAP Cohort Acquisition

PRISMA Flow Diagram

Records identified through randomly selected telephone numbers from Melbourne metropolitan area (n = 54,078)

Households called (n = 44,749)

Eligible women: Australian-born, aged 45 to 55 years (n = 2,938)

Available for study (n = 2,833)

Agreed to participate in 1991 cross-sectional study (n = 2,001)

Cross-sectional participants eligible from cross-sectional study (n = 1,897)

Menses in prev. 3mths* (n = 249)

Agreed to WHAP 1992 (n = 438)

Hormone therapy (n = 442)

Unavailable in 1992 (n = 341)

Hormone Therapy Sub-Study 1992 (n = 56)

Unavailable in 1992 (n = 193)

>3 mths amenorrhea

Hysterectomy (n = 427)

Call not answered (n = 9,329)

No eligible woman at number

Call ended (n = 1,447)

Ill or absent during survey period

Did not agree to study (n = 832)

Not in target age range (n = 65)

Taking oral contraceptive pill (n = 16)

Refused to supply DOB (n = 12)

Unsure of hysterectomy details (n = 7)

Not born in Australia (n = 4)

* Intact uterus, at least one ovary, not taking oral contraceptives or hormone therapy


For more information, visit www.prisma-statement.org.
WHAP Longitudinal Follow-up and Retention

779 menses in last 3 mths, intact uterus, at least one ovary, not taking oral contraceptives or hormone

249 on Hormone Therapy

438 participants in 1992

1992-1994 (94%) – 2 yr
1992-1997 (90%) – 5yr
1992-1999 (88%) – 7yr
1992-2002 (74%) – 10 yr
1992-2012 (58%) – 20 yr
1992-2014 (57%) – 22yr

56 participants in 1992

1992-1994 (86%) – 2yr
1992-1997 (86%) – 5yr
1992-1999 (82%) – 7yr

WHAP retention and measures

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<tr>
<th>Year</th>
<th>Clinical Interview</th>
<th>Lifestyle Measures</th>
<th>Psychological Interview</th>
<th>Clinical Examination/Physical Measures</th>
<th>Biomarker Analysis and Storage</th>
<th>BMD DEXA Body Comp. X-rays</th>
<th>Nutritional Assessment</th>
<th>NeuroCognitive Testing</th>
<th>Cerebral 3T MRI &amp; FMRI Amyloid Scans</th>
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Age (years) | 45-55 | 46-56 | 47-57 | 48-58 | 49-59 | 50-60 | 51-61 | 52-62 | 55-65 | 57-67 | 65-75 | 67-77 |
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