

Perimenopausal Mental Health: Diagnostic Challenges and Treatment Pathways

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ABSTRACT

Perimenopause represents a vulnerable period for women's mental health, shaped by complex biological, psychological, and sociocultural changes. Emerging research highlights a strong association between hormonal fluctuations during this transition and the onset or worsening of mood and anxiety disorders. This presentation explores the diverse impact of perimenopause on mental health, based on current evidence examining biological mechanisms, psychosocial stressors, and diagnostic challenges. It introduces practical clinical tools for assessment and discusses both pharmacological and hormonal treatment strategies, with an emphasis on individualized care and the careful consideration of treatment interactions. It highlights the need for integrated, woman-centered mental health services and calls for greater clinician awareness to support early identification and intervention. Promoting clinical education and awareness of this under-recognized condition is essential to advancing gender-responsive mental health care.