

## **Effect of an Educational Package on Knowledge, Practices, and Attitude of Premenopausal Women Regarding Sexuality**

**Background:** pre-menopause is an important event through a woman's life. Women with accurate information about the pre-menopause can be able to manage the associated problems better. **Aim:** evaluate the effect of an educational package on knowledge, practices, and attitude of premenopausal women regarding sexuality. **Design:** A quasi-experimental research design of the study was used. **Sample:** A purposive sample of 80 premenopausal women. **Setting:** This research was conducted in the obstetrics and gynecology Outpatient Clinic at Fayoum University Hospital. **Tools:** Two tools have been used to gather data; 1) Structured questionnaire interview sheet 2) Modified Likert scale. **Results:** The study showed a highly statistically significant difference between pre and post educational package regarding knowledge, practices, and attitude of premenopausal women regarding sexuality. There was a highly significant correlation between total knowledge and total sexual history pre and post educational package. **Conclusion:** The implementation educational package significantly improved knowledge, practices, and attitude of premenopausal women regarding sexuality. **Recommendations:** Proper training of health care providers to understand women's attitudes regarding pre-menopause in order to give optimal information and help to create a positive attitude of pre-menopause. **Counseling** activities of premenopausal, menopausal, and post-menopausal women need to popularize and facilities and decision aids made available to those who need them.

**Keywords:** educational package, knowledge, practices, attitude, premenopausal women