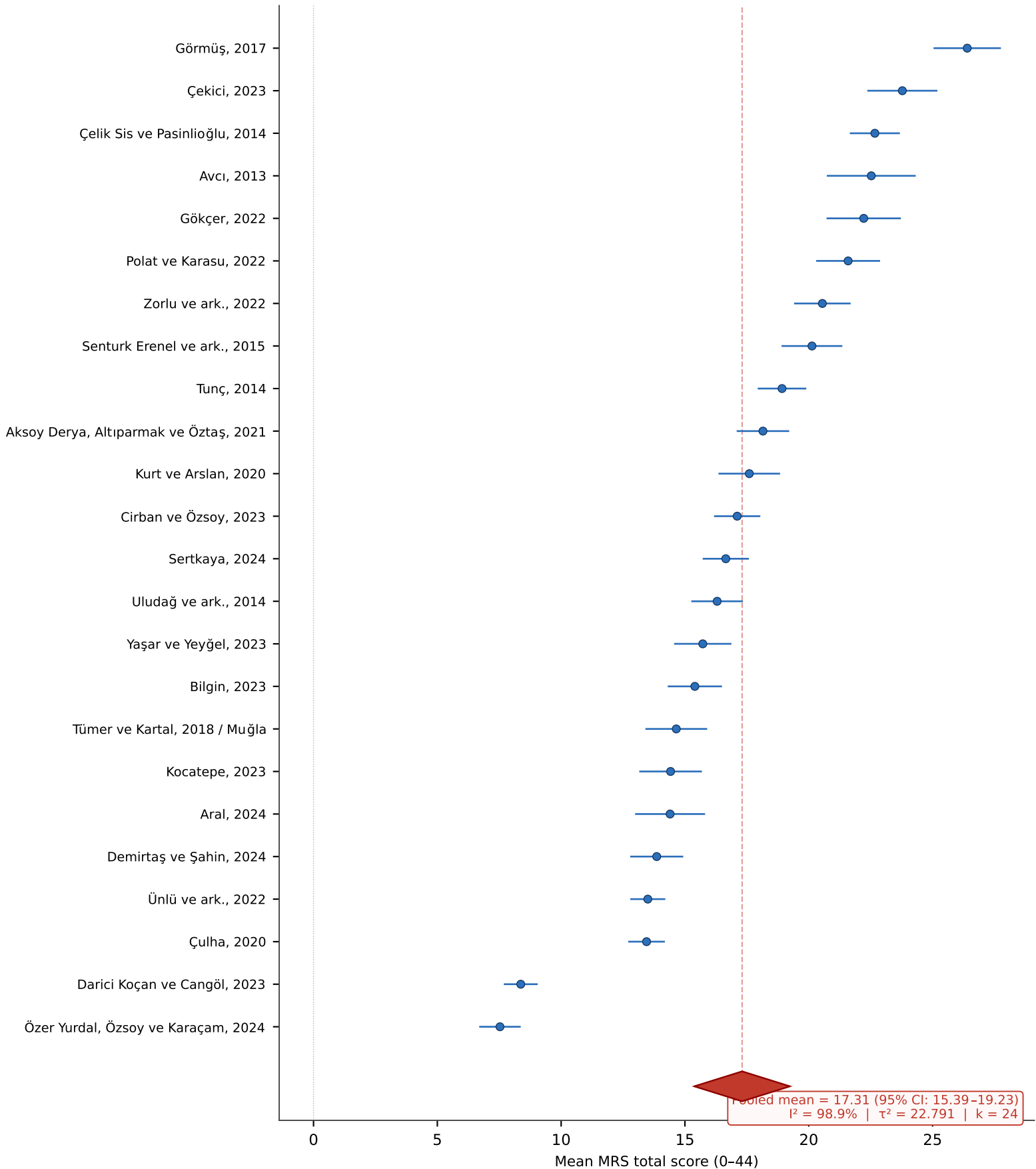
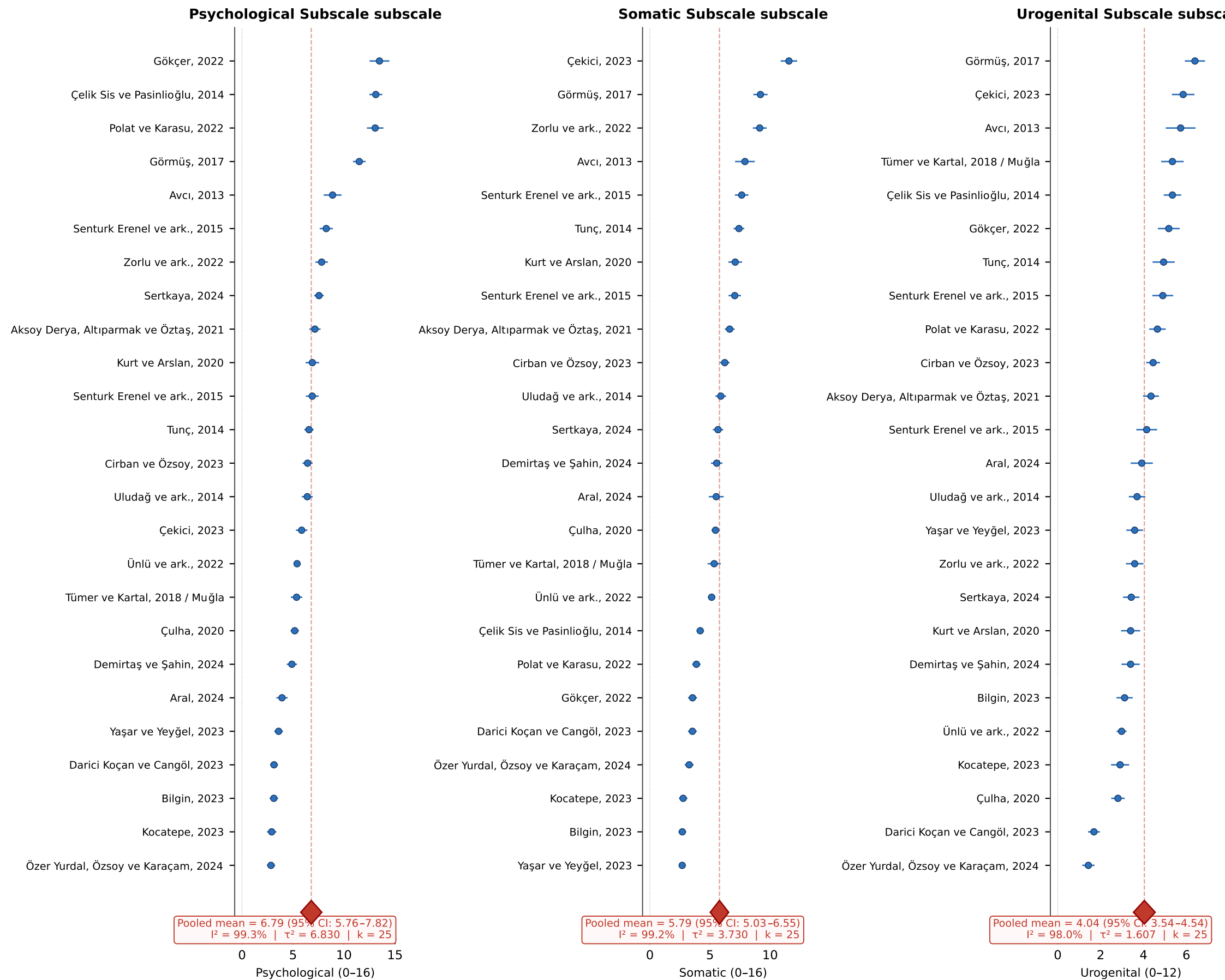
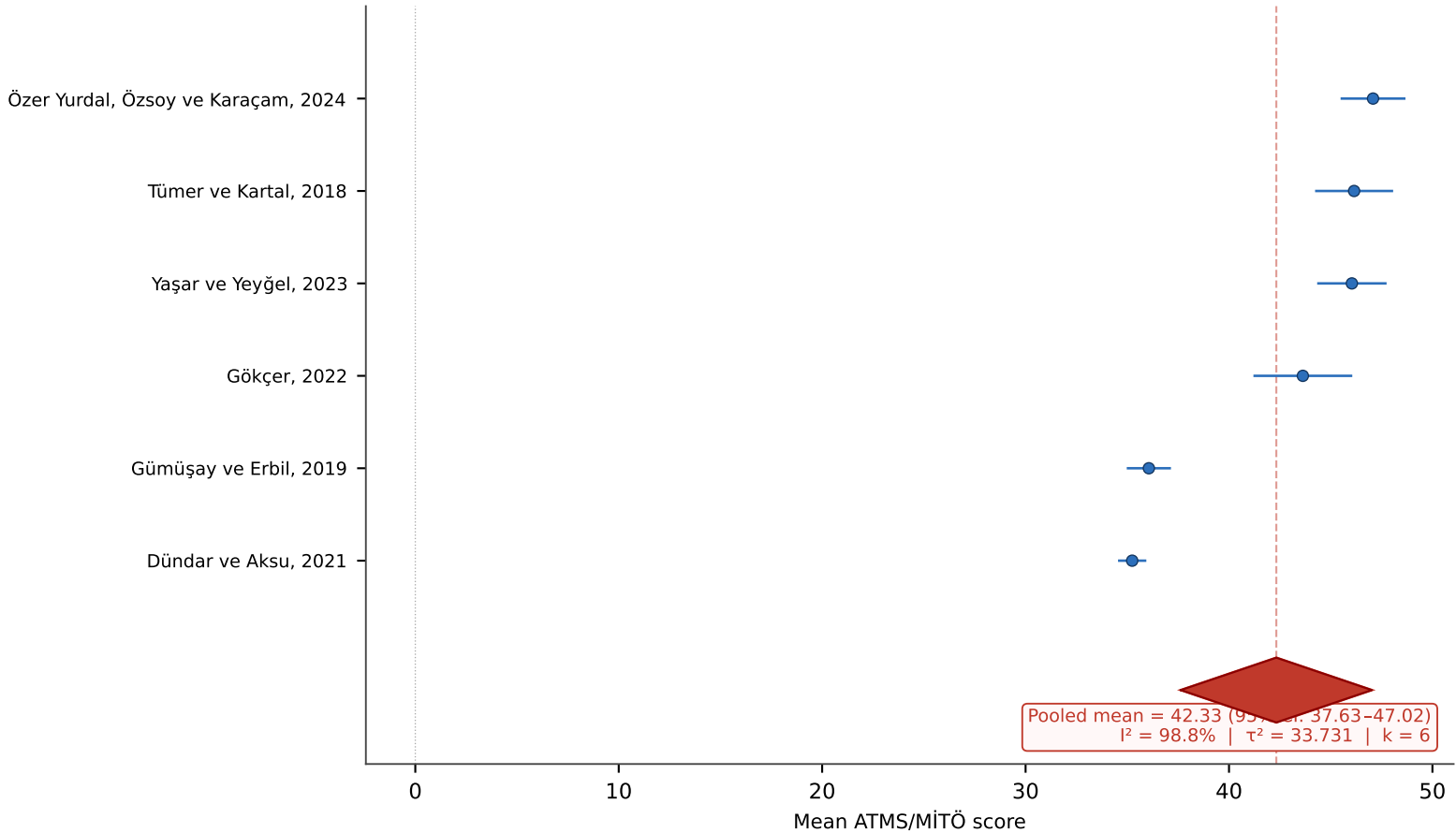


Forest Plot: MRS Total Score

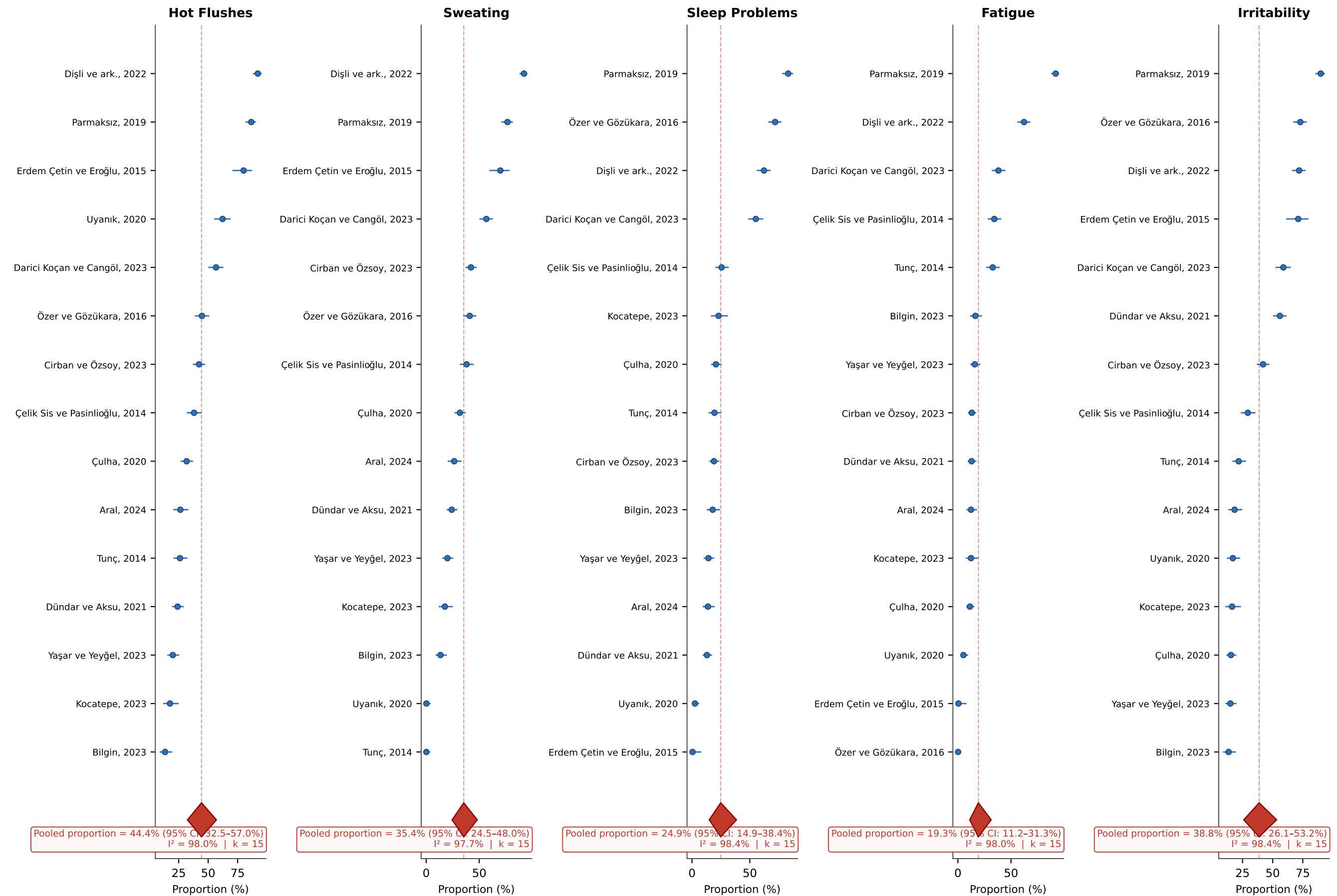


Supplementary Figure S3b. Forest Plots: MRS Subscale Scores



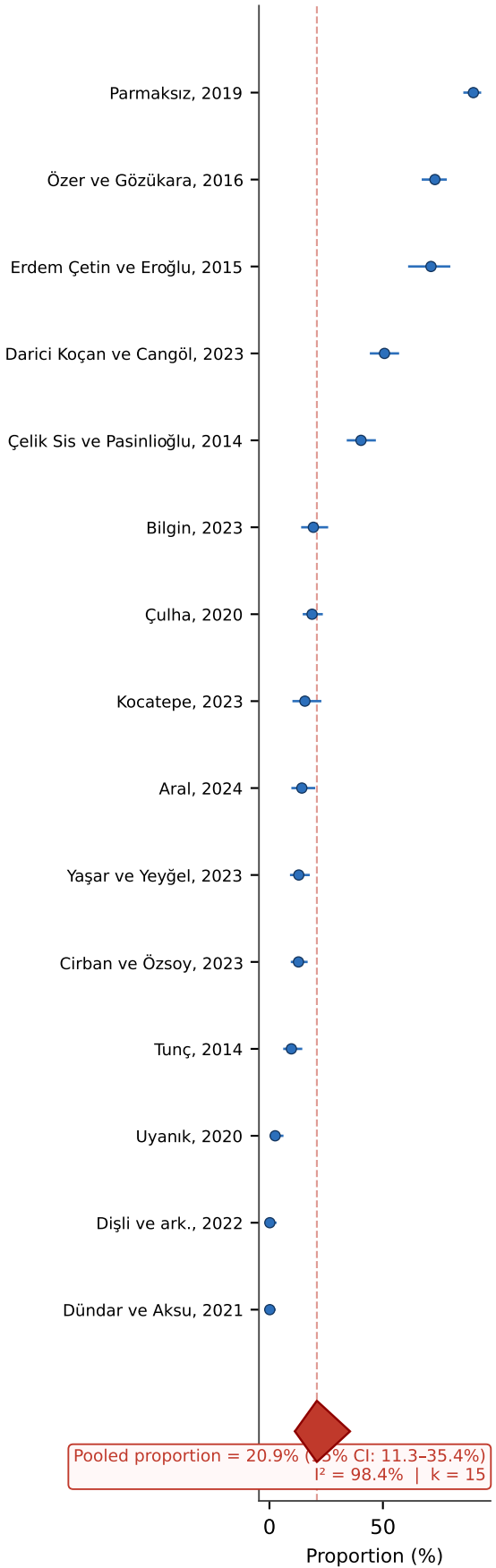
Forest Plot: ATMS/MİTÖ Total Score (Attitudes toward menopause)

Supplementary Figure S3d. Forest Plots: Symptom-Specific Prevalences (1/2)

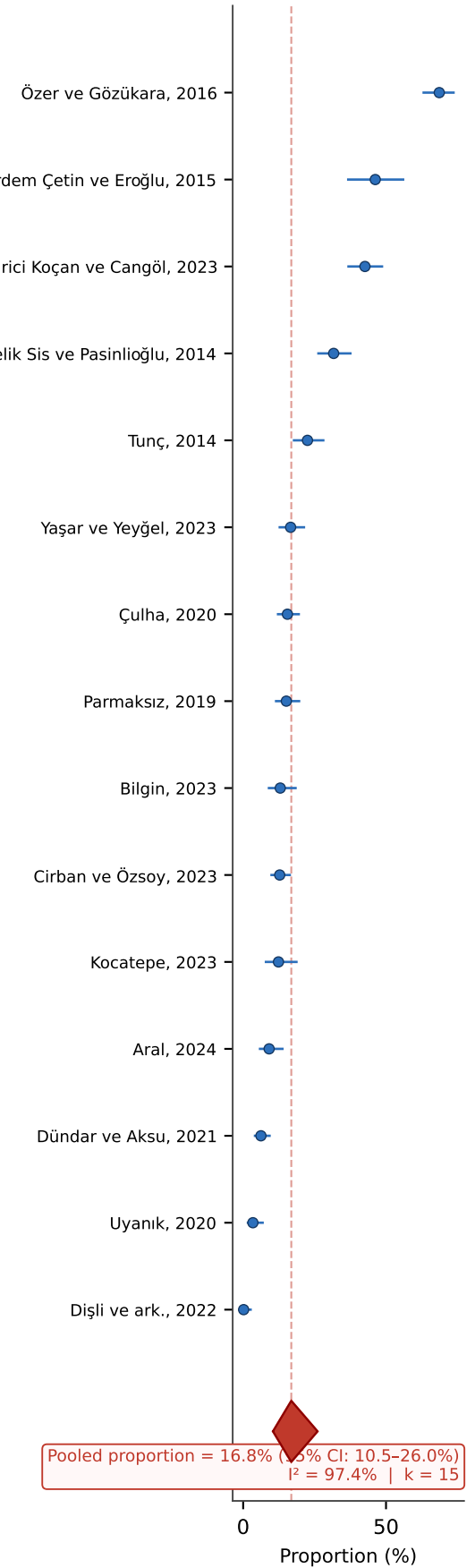


Supplementary Figure S3e. Forest Plots: Symptom-Specific Prevalences (2/2)

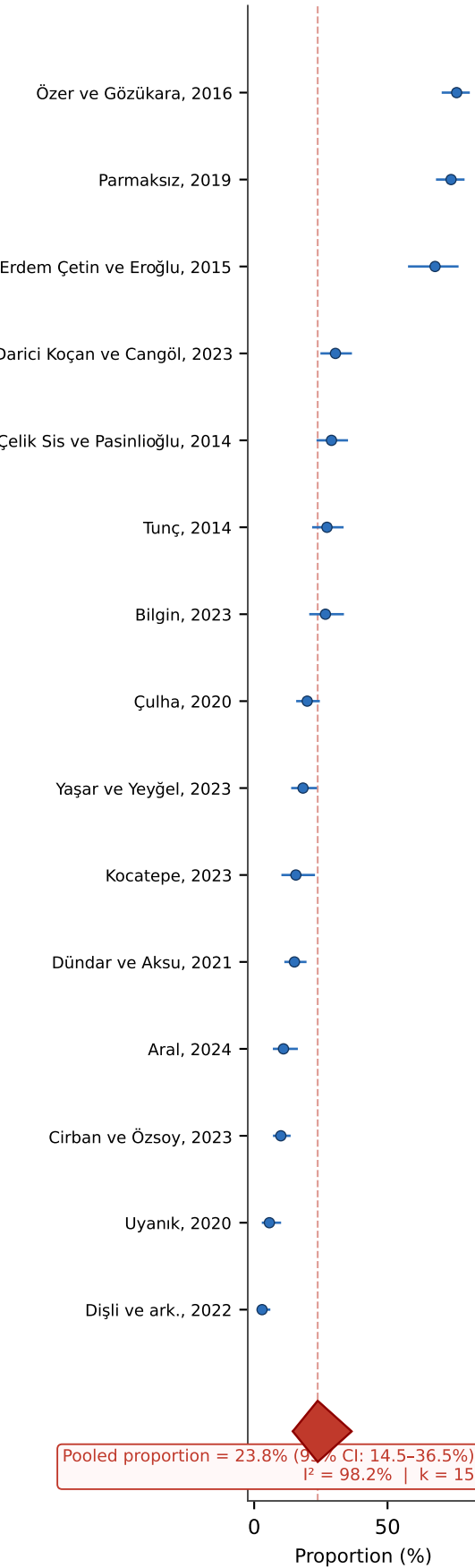
Depressive Mood



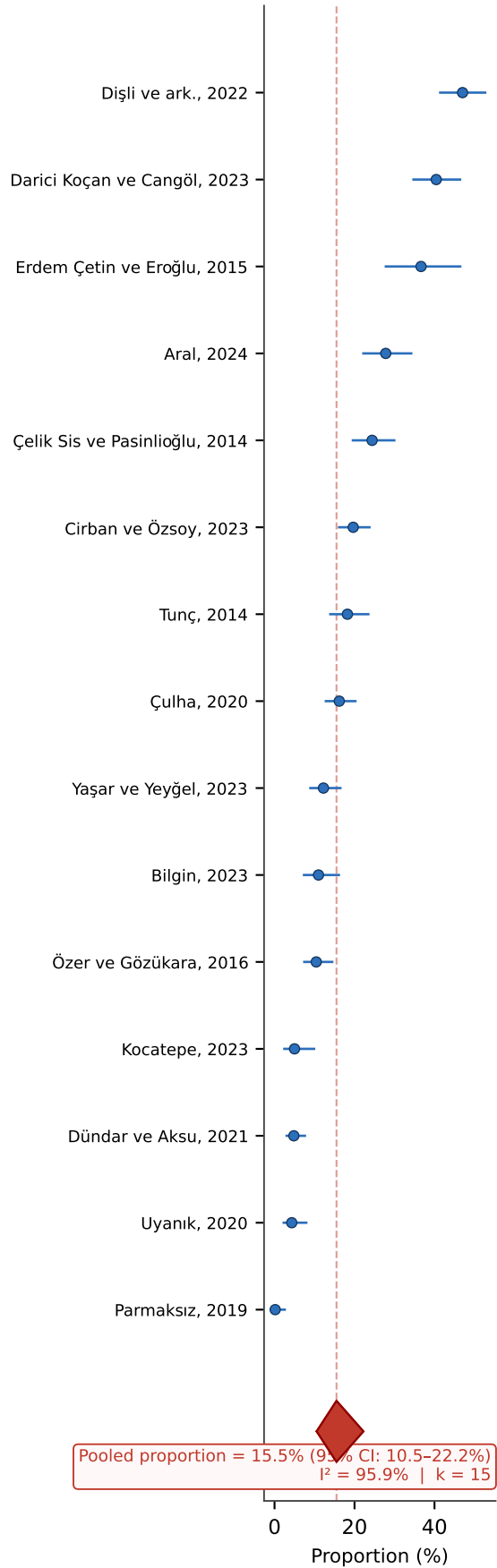
Anxiety



Joint & Muscle Discomfort



Sexual Problems



Notes for Supplementary Figures S3a–S3e

Each square represents the effect estimate for an individual study (mean score or proportion), sorted from smallest to largest. Horizontal lines indicate 95% confidence intervals (CIs). The red diamond represents the random-effects pooled estimate; its width indicates the 95% CI of the pooled estimate. Dashed vertical red lines mark the pooled estimate.

Pooled mean scores (Figures S3a–S3c) were estimated using the DerSimonian–Laird random-effects model. Pooled proportions (Figures S3d–S3e) were estimated on the logit scale and back-transformed to proportions for display. Between-study heterogeneity was very high for all outcomes ($I^2 \approx 98\text{--}99\%$), indicating that the pooled estimates should be interpreted cautiously as descriptive summaries rather than definitive or precise national estimates.