

An Assessment of the Knowledge, Prevalence and Behavioral Effects of Polycystic Ovary Syndrome (PCOS) among Women of Quetta, Balochistan, Pakistan

Muhammad Ishaq MR, Maira Afridi, Hira Sikandar, Madiha Muhammad Ishaque, Iqra Farooq, Najma Raheem

Department of Eastern Medicine, faculty of pharmacy and health sciences University of Balochistan Quetta, Pakistan

ABSTRACT

Background: PCOS is a common reproductive age endocrine condition in women. Women with PCOS have difficulty becoming pregnant (i.e., are infertile) and may have high levels of androgen hormones. PCOS is becoming more common around the world, although most women are unaware of it.

Objective: The aim of the study and subsequently collecting data is to have an idea about the knowledge base and prevalence of symptoms of PCOS in females. It was to filter out the percentage of females suffering from PCOS symptoms and to assess the percentage of females who are aware of this syndrome and its behavioral effects in Quetta, Pakistan.

Methodology: A mixed methodology approach was conducted in two major public universities and some residential areas of Quetta, which focuses on questionnaire-based assessment and provision of education related to PCOS. The data from 380 females of age range between 17 to 45 years and above was collected in 2021.

Results: The finding of study revealed that majority of the respondents were not aware of PCOS. Result of data show that Approximately 89 female correspondents out of total 157 from University of Balochistan, Quetta had not enough knowledge of PCOS. From SBK university, Quetta only 95 correspondents out of 144 answered affirmatively to the questions being asked (65.97%). Further, out of 79 females from residential areas, only 24 were having adequate knowledge of PCOS (30.37%). Those who were suspected with PCOS and those who were diagnosed with PCOS on the basis of sign and symptoms were also have behavioral effects of PCOS.

Conclusion: According to the study's findings, the incidence of PCOS indications and symptoms is on the rise, yet many women in Quetta are unaware of the condition. Furthermore, according to research, most women do not see a gynecologist unless they have a serious or life-threatening condition or disease. Moreover, they also have behavioral effects of PCOS and they are ashamed of exposing them in front of anyone. It also proves that PCOS has serious behavioral effects on females of which they remain unaware.

Keywords: Polycystic Ovary Syndrome, PCOS knowledge and prevalence in Quetta, Pakistan, Behavioral effects, PCOS.

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