

A study on knowledge and perception regarding polycystic ovarian syndrome also identifying barriers to gain knowledge about PCOS among women aged 18-50 in Dehradun, Uttarakhand



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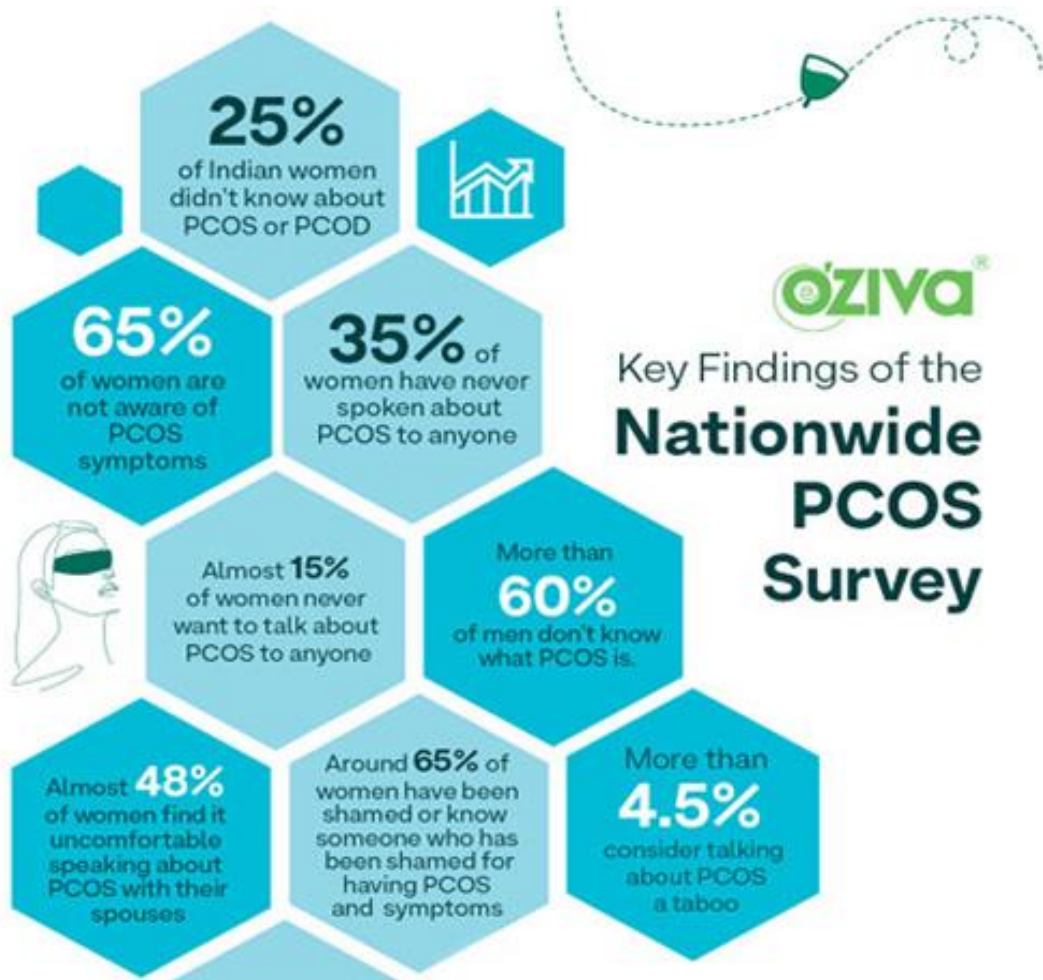
INTRODUCTION

- PCOS is a metabolic, endocrine, and diverse condition characterized by increased androgen secretion as well as aberrant insulin activity.
- PCOS is characterized by an increase in the production of androgens and male sex hormones in the ovaries, which are normally present in miniscule amounts in women. The multiple small tumors (liquid sacs) that develop in the ovaries are termed as polycystic ovarian syndrome.
- Alterations in reproductive hormones such as LH, FSH, estrogen, and testosterone cause the regular menstrual cycle to be affected.
- The most prevalent disorder affecting women is polycystic ovarian syndrome (PCOS), which strikes 4–6 percent of teens and 4–12 percent of adult women
- Obesity, type 2 diabetes, endometrial cancer, infertility, endometrial dysplasia, cardiovascular problems, and mental illnesses are just a few of the issues or risks we face.

PCOS Symptoms



PCOS BURDEN IN INDIA



- Polycystic ovarian syndrome affects one out of every ten Indian women. In India, there is a lack of knowledge and understanding of the ailment, and it frequently goes undiscovered for years.
- In India in 2021, the prevalence of PCOS is estimated to be at 22.5 percent. PCOS is growing more widespread in India for several reasons. The most likely cause of is a sedentary lifestyle.
- In the pre-COVID-19 period, the total incidence of PCOS in India was estimated to be around 10%.
- The lockdown was also a contributing factor

HOW IT CAN BE MANAGED?

- PCOS is a chronic disorder that necessitates long-term treatment.
- The first line of treatment is diet management, exercising, and weight reduction monitoring. Just a 10% weight decrease can aid in the control of hormonal fluctuations.
- Bringing your BMI down to 25 is also a smart option. Menstrual abnormalities, fertility complications, insulin sensitivity, hirsutism, and pimples are all improved significantly because of this.
- These men dominate hormonal increases can be controlled via using contraceptives tablets
- Consider omega-3 cod liver oil to reduce inflammation, as well as other supplements such as inositol, vit D, and b - complex vitamins to help regulate your PCOS metabolism
- The most important thing is that individuals must really be aware of their condition to attain assistance for their symptoms and lessen their chances of having long-term health complications

BROAD OBJECTIVE

The broad objective of the study is to determine PCOS knowledge and perception, as well as barriers to learning about PCOS, among women aged 18–50 in Dehradun, Uttarakhand (PCOS).



SPECIFIC OBJECTIVES

1. To assess the knowledge of polycystic ovarian syndrome in women.
2. To assess women's perceptions regarding the polycystic ovarian syndrome
3. To determine the barriers to women's acquiring knowledge

LITERATURE REVIEW

- Most participants (66.3 percent of women and 83 percent of males) rated their PCOS awareness as "Know some" or even less. participants with a high level of education had strong awareness and knowledge. (Manisha Rao, MS, K. Shane Broughton, PhD, Monique J. LeMieux, PhD)
- 51% of participants recognize irregular periods as displaying symptoms, 49% of the public is uninformed of the condition. Awareness of PCOS among many of the South-Eastern population is still low, patients' knowledge and attitudes about PCOS are still in the dark.(Anand raj Vaithy.K, Rupal Samal, Shanmugasamy K and K.R Umadevi)
- When comparing pre-test and post-test knowledge levels of PCOS, post-test understanding rates over all categories increased substantially. STP was found to be useful in increasing teenage girls' understanding of PCOS. (Sonia Rawat, Gomathi B, Laxmi Kumar, Mahalingam V)

METHODOLOGY

Research Question	What is the level of general knowledge and perception regarding PCOS as well as barriers to gaining knowledge about polycystic ovarian syndrome among women aged 18–50 in Dehradun, Uttarakhand (PCOS)?
Study Design	Cross sectional, descriptive type of study
Sample Size	102
Study Population	Women studying in colleges, working in offices or home makers were taken for the study.
Inclusion criteria	Women from the general population who are in the age group 18-50 years. (Married and unmarried)
Exclusion criteria	Men, Women of age group of less than 18 years and not more than 50 years.
Sampling Technique	Convenience sampling
Study Tool	An Online Survey form was constructed based on the research objectives, review of literature and guidance of the mentor

RESULTS

When ask, if the respondents were experiencing any discomfort or problems pertaining to PCOS, (39.2%) had irregular menstrual periods, followed by (27.5%) acne in adulthood and (25.5%) excess weight gain, with a good majority (33.3%) of women responding that they were not experiencing any of the following.

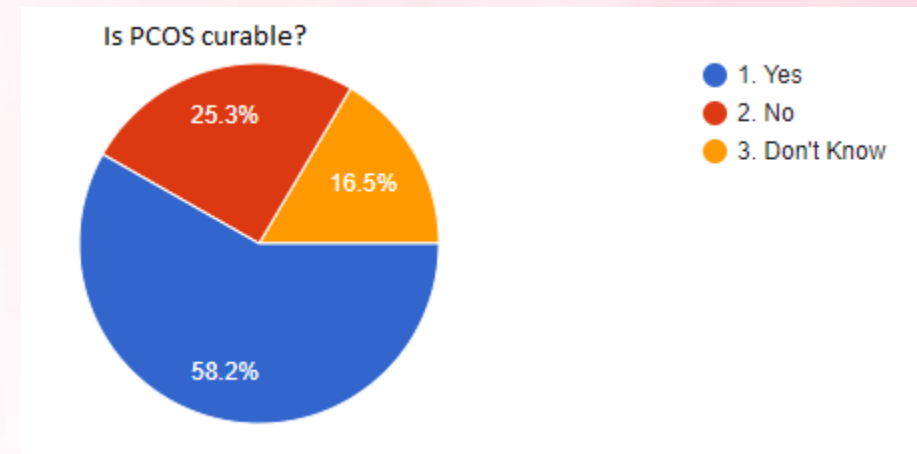
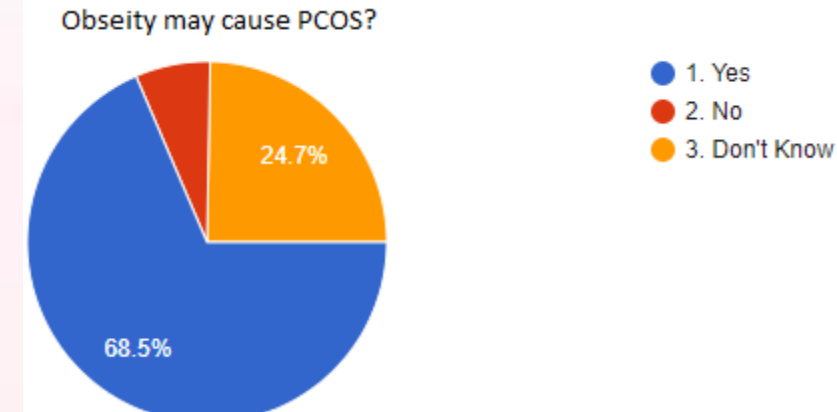
This question revealed their understanding of PCOS in some way.

Socio-demographic parameters of respondents (n=102)

S. No	Age	percentage	N
1.	18 - 24	59.8 %	61
	25 - 31	19.6 %	20
	32 - 38	9.8 %	10
	39 - 44	4.9 %	5
	45 - 50	5.9 %	6
2.	Profession		
	Student	51 %	52
	Working in private	26.5 %	27
	Working in public	7.8 %	8
	Housewife	10.8 %	11
	Business	2 %	2
3.	Other	2 %	2
	Residence		
	Urban	91.2 %	93
4.	Rural	8.8 %	9
	Education level		
	Primary Level	0 %	0
	Middle School	0 %	0
	High School	4 %	4
	Graduation	48 %	49
5.	Post-Graduation	48 %	49
	Marital status		
	Not Married	73.5 %	75
	Married	25.5 %	26
	Divorced	0 %	0
	Separated	1 %	1

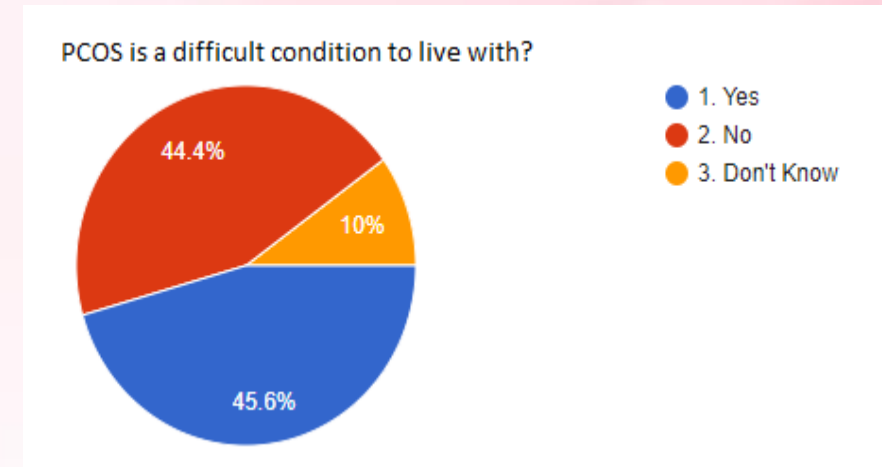
a) Awareness of polycystic ovarian syndrome in women

- According to the table, most participants (80.4%) were aware of the term "PCOS," while 13.7% were not.
- when asked if irregular or missed menstrual periods were a symptom of PCOS, most respondents (89%) agreed, while only 1.1 percent disagreed. However, 9.9% of those surveyed remained uncertain
- 80.2% of most responders claim that PCOS is indicated by severe hair development in numerous body locations. 5.5% of respondents said that excessive hair growth is not a sign of PCOS.
- 75.6 percent of respondents believed that PCOS could cause infertility, whereas 6.7 percent disagreed
- 45.6% of respondents said that PCOS may be caused by smoking.
- when asked if PCOS can cause anxiety and depression, 79.1 percent agreed. The similar percentage of people (79.1%) agreed that severe acne during periods is an indication of PCOS.



b) To assess women's perceptions regarding the polycystic ovarian syndrome

- About 51.1% were unaware of the question, which inquired if PCOS patients have a low body image, while only 31.1 percent agreed
- 92.3 percent of people presume PCOS can be managed via diet and exercise, which is a large percentage of the population.
- About 66.3 percent of women did not support the issue and said NO, while just 7.9 percent of the respondents supported the question, When asked if they believe PCOS sufferers cannot have children.
- When asked if PCOS patients had problems associating with other individuals, 57.1 percent of the participants said no, and 14.3 percent said yes
- When asked if PCOS occurs in thin women, 47.2 percent of the women agreed that it does, whereas 20.2 percent disagreed and 32.6 percent had no idea.



c) To determine the barriers to women's acquiring knowledge

Q. No.	Issues	Choices	% Distribution
1	Frequency of visiting Gynecologist	Regular	3.9
		Once a year	8.8
		Once in 24 months	0
		When required	87.3
2	Do you visit the clinic alone or accompanied by some person?	Yes	78.4
		No	21.6
3	What is the distance to the nearest health service available in your area?	< 1 km	40.2
		1 >= but < 5 km	48
		>= 5 km	11.8
4	Are you able to discuss your period problems in your family freely?	Yes	85.3
		No	11.8
		Do not know	2.9

Participants' answers to who takes the decisions in the family about visiting a doctor

- 83.3 – themselves
- 26.5 – Mother
- 13.7 – Father
- 10.8 – Husband
- 2.9 – Other

CONCLUSION

According to the study's findings, women have a sufficient understanding of PCOS but still need to get more knowledge about its consequences, factors that can cause PCOS, and factors that can affect the syndrome.

Remarkably, the respondents gave surprisingly positive responses when questioned about several important questions regarding perception

No matter how many respondents were clearly fully independent to make decisions about their bodies on their own, the smallest percentage of women who are unable to visit clinics alone or are even unable to make decisions for their medical attention on their own need to have enough knowledge to understand the syndrome so that they can take precautions. Alternatively, if they are already dealing with PCOS, they may need to be aware of this.

this study focuses on the necessity to implement education programs through many means, like as seminars, training sessions, and several others, to expand the depth of understanding of the female population in Dehradun

females need to be encouraged to interact with healthcare professionals more. They should be aware of the necessity of visiting their gynecologist annually without any justification, merely for routine checkups, so they can act if necessary

To educate women about co-morbidities and how to manage their lifestyle by changing required factors that can influence the disease, a variety of podcasts can be organized.

THANK YOU

