Problems and factors influencing PCOS among women-A case-control study

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Abstract

Polycystic ovarian syndrome (PCOS) is one of the common problems found in women. The study aimed to assess the common problems experienced and factors influencing PCOS among women. The case-control study design was used, and a purposive sampling technique was used to select 30 cases of women with PCOS and 90 controls who did not have PCOS. A structured questionnaire was used to collect the data in the age group of 15 to 22 years with PCOS, and the data was analyzed using descriptive and inferential statistics. The findings revealed that the majority of cases 14 (46.7%) and controls 42 (46.7%) were between the age of 21-22 years. Twenty (66.7%) cases and 8 (8.9%) controls were having the family history of PCOS, 11 (36.7%) cases and 33 (36.7%) controls were underweight and overweight respectively, 6 (20%) cases and 8 (20%) controls were obese, 19 (63.3%) cases and 38 (42.2%) controls had acne, 10 (33.3%) cases and 7 (7.8%) controls had hirsutism, 16 (53.3%) cases and 38 (42.2%) controls had thinning of hair, 2 (6.7%) cases and 3 (3.3%) controls had bald spots, 9 (30%) cases and 9 (10%) controls had dark patches, 15 (50%) cases and 55 (61.1%) controls had anxiety/depression and 12 (40%) cases and 30 (33.3%) controls had pelvic pain. There was a statistically significant association on comparison of case and control variables such as eating habits, family history of PCOS, presence of acne, hirsutism, thinning of hair, bald spots, dark patches, and menstrual cycle disorder at 0.05 level of significance.

Keywords: Hirsutism, Poly Cystic Ovarian Syndrome (PCOS), Obesity, Menstrual disorders.