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DEPRESSION, ANXIETY, STRESS AND QUALITY OF LIFE AMONG WOMEN WITH POLYCYSTIC OVARY SYNDROME (PCOS)

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doi: [10.33472/AFJBS.6.14.2024.2358-2363](https://doi.org/10.33472/AFJBS.6.14.2024.2358-2363)**ABSTRACT:**

Background: Reproductive health is one of the most pressing public health issues of the 21st century necessitating a multi-dimensional response. The most prevalent endocrine disorder affecting reproductive females is PCOS. It has a wide range of clinical implications including both psychological distress and reproductive symptoms.

Aim & Objectives: The aim of the study is to assess the level and relationship of Depression, Anxiety, Stress and Quality of Life among women with PCOS.

Materials & Methods: 110 women with Confirmed diagnosis of PCOS were taken from Santosh Medical College and Hospital. Tools used were Depression Anxiety Stress Scale (DASS-42) and Quality of Life scale (QOL-SSNN) were administered.

Results: The significant correlations found in this study highlight the close interrelation of Depression, Anxiety, Stress and their inverse relationship with Quality of Life among women with PCOS. It indicates that as Depression, Anxiety and Stress increases the Quality of Life tends to decrease.

Conclusion: These findings underscore the importance of addressing mental health issues in PCOS women. Recognizing and addressing the mental health aspects of PCOS is crucial by addressing the mental health component of PCOS healthcare providers may enhance the overall well-being of women with this condition promoting a more comprehensive and patient-centered approach to healthcare.

Keywords: Polycystic Ovary Syndrome, Depression, Anxiety, Stress, Quality Of Life.

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1. INTRODUCTION

Nowadays, reproductive health is one of the most pressing public health issues of the twenty-first century necessitating a multidimensional response to address the various challenges and to promote positive outcomes. One-third of health problems affecting women between the ages of 15 and 44 are related to sexual and reproductive health. As such polycystic ovary syndrome (PCOS) is very common affecting up to one in five women who are of reproductive age¹.

Women who suffer from Polycystic ovary syndrome may experience depression, anxiety, stress as a result of their hormonal imbalance. This condition's symptoms—such as acne, thinning scalp hair, obesity, infertility and facial hair—are more likely to exacerbate stress, worry and sadness which will ultimately result in a lower quality of life².

Previous available research states an increased risk of psychiatric burden such as depression, anxiety and stress in PCOS women³. The majority of women with PCOS suffer from depression are three times more likely to experience anxiety and stress and have a lower quality of life. Depression, anxiety and stress have a negative correlation with QOL in all domains and as supported by systematic clinical evaluations PCOS is

Associated with psychiatric syndromes^{4,5,6,7,8,9,10,11,12}.

Women with PCOS had significantly higher scores in depression, anxiety, stress and psychological domains of quality of life in comparison to women without PCOS^{1,2,13,14,15}. With international and national studies supporting that there is a high-risk of psychological distress in women with PCOS however, there is a little attention been paid to the psychological effects of PCOS¹⁶.

Therefore, this study is pertinent since it is critical to comprehend the psychological relationship of PCOS. It is imperative that we fully comprehend PCOS symptoms on mental health as Understanding the psychological impact of PCOS is indispensable.

2. MATERIALS AND METHODS

The current research was carried out to assess the level and relationship of depression, anxiety, and stress with quality of life among women with PCOS. For this purpose 110 women with Confirmed diagnosis of PCOS were selected from the department of Gynaecology at Santosh Medical College and Hospital, Ghaziabad. The study comprised of participants aged 20 to 40 who gave their consent and had basic primary education level. Depression Anxiety Stress Scale (DASS-42) and Quality of Life scale (QOLS-SSNN) was used to assess the emotional & psychological state of women with PCOS. Statistically, Mean, Standard Deviation and Correlation by Karl Pearson's method were calculated to find out their level and relationship of depression, anxiety and stress with quality of life among women with PCOS.

3. RESULTS & DISCUSSION

Understanding the psychological state of women with PCOS is essential as it is highly prevalent and has a wide range of clinical implications. This study aimed to find the psychological levels and its relationship with quality of life among afflicted women with PCOS. By analyzing it the study sought to uncover if there is a psychological issues with those afflicted women with PCOS. This section presents the results of the study and its findings.

Table 1: Mean & Standard Deviation of Depression, Anxiety, Stress and Quality of Life among PCOS women

Variables	N	Mean	SD
Depression	110	23.98	±8.62
Anxiety	110	23.18	±7.92
Stress	110	24.2	±7.81

Quality of Life	110	75.12	±15.27
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Figure 1: Mean of Depression, Anxiety, Stress and Quality of Life among PCOS women

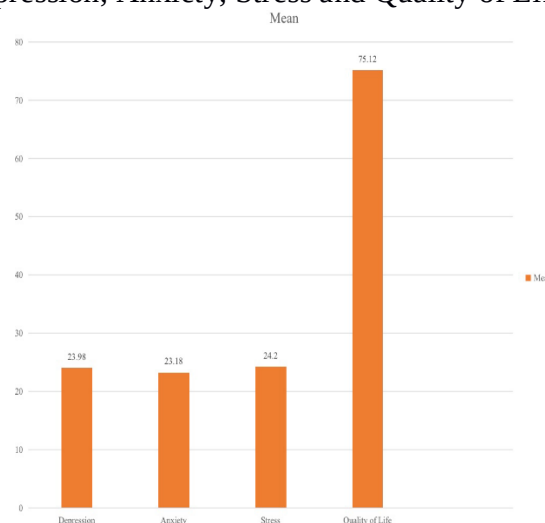


Table1 and Histogram indicates that women with PCOS have severe level of depression and extremely severe level of anxiety. It also signifies that women with PCOS have moderate level of stress and average level of quality of life. These findings are supported by studies conducted by Dybciak Pin the year 2023 which shows the overall probability of depression in PCOS patients was higher than healthy women¹⁷. Deeks in the year 2011 found that Anxiety was highly prevalent and frequently detected at severe levels¹⁸. A study by Dam one in the year 2018 who found that a greater score for perceived stress and high-level mediation effect of stress in PCOS patients than non-PCOS patients were found¹⁹. Ligockain 2024 also supports

These research findings that found a significant association observed with the inconvenience caused by PCOS symptoms. Women experiencing very bothersome symptoms of PCOS reported a lower quality of life compared to those with symptoms rated as not very bothersome²⁰.

Table2: Correlation of Depression, Anxiety, Stress with Quality of Life among PCOS women

Variables	Depression	Anxiety	Stress	Quality of Life
Depression	1	.885**	.885**	-.615**
Anxiety	.885**	1	.873**	-.627**
Stress	.885**	.873**	1	-.601**
Quality of life	-.615**	-.627**	-.601**	1

**Correlation is significant at the 0.01 level.

The findings in table 2 revealed strong positive relationships between expression, anxiety and stress among women diagnosed with PCOS. Conversely, all three of these variables have moderate negative relationships with the quality of life indicating that as depression, anxiety or stress increases the quality of life tends to decrease. Studies also supports this research findings three of which are as follows, a research conducted by Chaudhari in 2018 found a significant association between PCOS and depression and anxiety indicating that women with PCOS are at a higher risk of experiencing these mental health issues¹. A similar study conducted by Prathap in 2018 stated that women with PCOS were found to have a higher

prevalence of depression, anxiety and the psychological domain of QOL was found to be the most badly affected¹³. Another study conducted by Rajeev in 2021 also supports the findings as the results showed that women with PCOS had significantly higher scores in depression, anxiety, stress and psychological domains of quality of life in comparison to women without PCOS².

4. CONCLUSION

The purpose of the research was to assess the levels of depression, anxiety, stress and quality of life among women diagnosed with Polycystic Ovary Syndrome (PCOS) and to find out if there is a relationship between these variables and PCOS. To achieve this aim tools utilized were Depression Anxiety Stress Scale-42(DASS-42) and the Quality of Life Scale (QOL-SSNN). The DASS-42 was chosen for its comprehensive assessment of depression, anxiety and stress providing a better understanding of these domains. Additionally, the Quality of Life Scale was employed to evaluate participant's quality of life. The overall findings revealed a significant relationship between PCOS and the mental health variables.

The above data and findings arrive at the conclusion that mental health issues coexist within this population. Moreover, the observation that these mental health factors are negatively correlated with quality of life emphasizes the adverse impact they collectively exert on the overall well-being of women with PCOS. Recognizing and addressing the mental health aspects of PCOS is crucial for improving the overall quality of life for affected women. By addressing the mental health component of PCOS healthcare providers may enhance the overall well-being of women with this condition promoting a more comprehensive and patient-centered approach to healthcare.

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