

## **Evaluation the frequency of depression and anxiety in infertile women with and without PCO Patients Referred to Ardabil Infertility Center**

### **Abstract**

**Background:** In spite of the serious consequences that PCOS can have on the mental health aspects of sufferers, most of the researches conducted in this field have dealt with the medical aspects of this disease, and its effects and psychological aspects have received far less attention in the literature

**Aim:** The aim of this study was to determine the frequency of depression and anxiety in infertile women with and without PCO referred to Ardabil infertility center.

**Materials and methods:** This case-control study was conducted on 99 women with polycystic ovary syndrome and 96 infertile women for other reasons who referred to the infertility center of Ardabil city in 2022. The diagnosis of polycystic ovary syndrome in this study was based on the Rotterdam criteria. Mood disorders including depression and anxiety were determined based on the Beck depression questionnaire and the Beck anxiety questionnaire, respectively. After collecting the data, it was analyzed using descriptive and analytical statistics by SPSS software version 26.

**Results:** In this study, 194 women were included in the study based on the objectives of the study. Of these, 99 (51%) had PCOS and 95 (49%) had no PCOS. The education of most of the samples with 162 people (83.5%) was below diploma. 13 people (6.7%) were employed. The economic status of most women with 63.4% was poor and very poor. Most of the underlying diseases among them were related to bleeding with 71 cases (36.6%) and then related to hair growth with 43 cases (22.2%). Among the studied women, the frequency (percentage) of depression was 53 (27.3%) and 184 (94.8%) had a low level of anxiety. Among women with PCOS, 38 (38.4%) and among women without PCOS, 15 (15.8%) had depression. Statistically, there was a significant relationship between depression and PCOS.

**Conclusion:** The group of women with PCOS was significantly more likely to suffer from depression; Thus, the rate of depression in women with PCOS was about 2.4 times that of women without PCOS. The severity of depression in PCOS patients was significantly higher

than non-PCOS infertile patients. Among women with polycystic ovary syndrome, there was a direct relationship between taking medications for this disease and suffering from anxiety.

**Key words:** Polycystic ovary syndrome, Anxiety, Depression