

Investigating the epidemiological, clinical and health-related quality of life characteristics in patients with polycystic ovary syndrome referred to Alavi Hospital in Ardabil city from April 2022 to April 2023

Abstract

Background: Due to the high prevalence of polycystic ovary syndrome in Iran and its significant effects on all aspects of the patients' health, studying the lifestyle, characteristics and clinical symptoms of affected people will provide the opportunity to better understand the disease and its unique characteristics in the region. which will lead to better and more effective diagnosis and treatment of patients.

Aim: Therefore, the present study was conducted with the aim of investigating the epidemiological, clinical and health-related quality of life characteristics in patients with polycystic ovary syndrome referred to Alavi Hospital in Ardabil city from April 2022 to April 2023.

Materials and methods: This study is a descriptive analytical study in which 140 patients with polycystic ovary syndrome who consented to participate in the study were examined. Data were collected using a two-part checklist including epidemiological information (age, residence, occupation, education level) and clinical information (height, weight and waist size, clinical symptoms, family history of the disease, presence of underlying diseases, type used medicine) and standard health-related quality of life questionnaire SF36 were collected. The data was analyzed by spss 22 software and a significance level of 0.05 was considered.

Results: 140 people with an average age of 36.06 ± 5.13 years participated in the present study, and the average health-related quality of life score was 58.87 ± 7.59 . The average BMI of the participants was 28.51 ± 4.30 , and 18.6% had a family history of PCOS, 32.9% had acne, 48.6% had hirsutism, and 25.7% had menstrual disorders, and 6.4% had received medical treatment for

hyperandrogenism. A significant relationship was observed between age and BMI with health-related quality of life.

Conclusion:

According to the conducted studies, it was found that in most of the studies, the results indicate that the quality of life related to health decreases in PCOS patients. The range of variables affecting these dimensions in different cultures, races and people, as well as the greater importance of the patient's understanding of the symptoms and signs of this syndrome compared to the doctors' diagnosis, necessitates conducting more studies.

Keywords: polycystic ovary syndrome, quality of life related to health, Ardabil.