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Research Literature Review

Polycystic ovarian syndrome is the most common chronic endocrine disorder in women. It has many different side effects, including reproductive, metabolic, and psychological morbidities as well as having a predisposition to malignancies ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014). Signs and symptoms of this disease include acne, weight gain, infertility, facial hair, and irregular periods. Although the exact etiology of PCOS is not well recognized, researchers know that it is a hormonal disturbance accompanied by increased androgen and a decreased function of the reproductive system. PCOS is also known to be an environmental and genetic disease ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014).

While not many doctors know precisely how PCOS works or is acquired, we do it is a chronic disorder due to the long-term complications that come with the syndrome. PCOS can affect the quality of women's life. Therefore PCOS shouldn't be an ignored diagnosis. The degree in which PCOS affects a woman's quality of life can't accurately be measured, but we can assume it is in relation to what their culture, value systems, goals, expectations are ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014).

This qualitative study aims to clarify the dimension and components of quality of life in women with PCOS. It explores and documents the perceptions of women with PCOS and their quality of life. The study started in the Reproductive Endocrinology Research Center of Shahid Beheshti University ("The experience of women affected by polycystic ovary syndrome: a

qualitative study from iran", 2014). The study reveals that the more important factors affecting the quality of life in women with PCOS were what their role was that they played in society.

Each interview began with this question, "We are trying to find out what it has been like for you living with PCOS. What does having PCOS mean to you?". For the rest of the interview, the questions were based on the previous answers ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014). They had eight women in the age group 18-24, thirteen women in the age group 25-34, and two women in the age group 35-40. Eight of those women had a body mass index of 20-25, seven women who had a body mass index of 26-29, and eight women who were over a body mass index of 29. Twenty-one of the women had the onset of PCOS at puberty, and two of them had the start of PCOS post-pubertal. There were different categories of the chief complaint of their diagnosis. They ranked from infertility, menstrual irregularities, hirsutism, miscarriages, obesity, acne, and hair loss. It is interesting to see what women categorize as an inconvenience of the disease over what others think is an inconvenience ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014). One woman stated that infertility was more of an issue for her rather than the excess hair growth while another said that her facial hair was an issue for her rather than anything else. Many of the women focused on their outward appearance, while few of them focused on what was going on in the inside. A 32-year-old woman stated that she worried about not having her menstrual cycle and the things that were going on inside her body.

While most women with PCOS were satisfied with their physical health but felt like they had different mental health than their peers around them, while many see health as the outward appearance, it is much more than that, the psychological aspect of this syndrome and feeling

different than others can do damage to a person's mental health ("The experience of women affected by polycystic ovary syndrome: a qualitative study from iran", 2014). Many women with PCOS have depression, anxiety, feel introverted, disappointed, fear of not being good enough and may feel disgruntled.

Resources

Nasiri Amiri, F., Ramezani Tehrani, F., Simbar, M., Montazeri, A., & Mohammadpour Thamtan, R. A. (2014, April 1). The experience of women affected by polycystic ovary syndrome: a qualitative study from iran. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4013493/>