

Impact of Psychological Wellbeing and Health Related Quality of Life among Women with PCOS: A Review

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ABSTRACT

Introduction: Polycystic Ovarian Syndrome (PCOS) is a prevalent endocrine disorder, affecting 8% to 13% women of reproductive age, characterised by irregular menstrual cycle, cardiometabolic abnormalities and polycystic ovaries. Beyond the physical symptoms, PCOS has significant psychological consequences, such as anxiety, depression, which has detrimental impact on quality of life.

Aim: The purpose of this review is to explore the impact of psychological wellbeing and health related quality of life among women with PCOS. By identifying gaps in current research, this review provides direction for future study.

Materials and Methods: This review study was conducted by searching peer review articles between the years 2021 to 2024, using electronic data bases such as Scopus, Google Scholar, PubMed and Web of Science. The Boolean terms (AND, OR, NOT) and keywords like "Health related quality of life," "Lifestyle," and "PCOS" were used.

Results: Ten studies were included, out of which 4 were systematic reviews, 3 narrative reviews and 3 was observational studies. Evidences indicates that women with PCOS are more likely to experience depression and anxiety compared to women PCOS. These mental health disorders are often associated with physical manifestations such as hirsutism, obesity, and infertility, which can negatively impact body image and self-esteem, further deteriorating their quality of life.

Conclusion: Women with PCOS experience significant psychological distress, including higher levels of depression, anxiety, which negatively impact their quality of life. Further research should focus on providing psychological counselling and lifestyle recommendations to reduce psychological distress experienced by PCOS women.

Keywords: Health related quality of life, Lifestyle, Polycystic ovaries.