Correlation between Fatigue and Insomnia Severity Among Women with Polycystic Ovarian Syndrome: Preliminary Findings

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ABSTRACT

Introduction: Polycystic Ovarian Syndrome (PCOS) is a common endocrine condition that affects reproductive, metabolic, and psychological health. Women with PCOS often report fatigue and insomnia, but limited research has examined their severity. This association must be studied to improve PCOS treatment and management for women.

Aim: To investigate the relationship between fatigue and insomnia severity in women with PCOS, providing a foundation for future integrated management strategies in this population.

Methods: Women diagnosed with PCOS (n=30) based on established clinical criteria and reporting fatigue or sleep complaints were recruited. Eligibility required completion of relevant questionnaires, excluding those with comorbidities, recent physical activity, pregnancy, lactation, or abnormal weight status. Fatigue and insomnia were assessed using the Fatigue Severity Scale (FSS) and Insomnia Severity Index (ISI). Participants provided informed consent and completed demographic forms and questionnaires. Ethical approval was secured, and data confidentiality was ensured.

Results: Descriptive analyses showed a median age of 26 years {Interquartile Range (IQR) 22-30}. Spearman's rank correlation indicated a strong positive relationship between insomnia severity and fatigue severity ($\rho = 0.698$, $p = 0.002$), suggesting that women with more severe insomnia also report higher levels of fatigue. These findings highlight the importance of integrated clinical strategies targeting both insomnia and fatigue in PCOS.

Conclusion: The findings of this study reported association between fatigue and insomnia severity in women with PCOS. These finding highlights the importance of addressing both insomnia and fatigue together in PCOS to optimise treatment plans.

Keywords: Metabolic, Psychological, Reproductive, Sleep

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