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Chief Complaints, Psychological Distress, and Coping Styles of Women Living with Polycystic Ovarian Syndrome

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Polycystic Ovarian Syndrome (PCOS) was considered to be one of the unrecognized and under-diagnosed multisymptom hormonal disorders among women and is found to be one of the major causes of female infertility in the Philippines. With this rationale, the study aimed to assess and gain a clearer understanding of the chief complaints, psychological distress, and coping skills of women living with PCOS. This study used a descriptive correlational method. Using this process, the study produced findings from 140 respondents that emphasized the relationship between chief complaints, psychological distress, and coping styles among PCOS women. The entire study gave significance to the following PCOS chief complaints namely infertility issues, menstrual irregularities, acne, weight gain, hair loss, and darkening of the skin. The study revealed that the majority of the respondents suffer from a moderate level of psychological distress with several elevated indicators of psychological burdens (e.g. feeling tired, feeling nervous, feeling depressed, etc) that might signify a potential risk for anxiety and depression. The use of healthy and unhealthy coping styles was also accentuated in this study, encompassing the use of coping styles as a basis to lessen the individual's distress at some point of their coping process, and using these coping techniques might lessen the effect of the chief symptoms while maintaining and strengthening the disorder, causing the individual to have an elevated level of psychological distress.

Conclusion:- PCOS women were found in this study to be suffering from moderate levels of psychological distress. Moreover, menstrual irregularity was found to be the top concern of most of the respondents in this study, making it a key feature of PCOS. Infertility issues and hair loss have no significant relationship to the level of psychological distress of patient respondents with PCOS, while there is a significant relationship between acne, menstrual irregularities, weight gain, and darkening of skin to the level of psychological distress among patient respondents with PCOS. There was no significant relationship between infertility issues, menstrual irregularities, weight gain, and darkening of skin to healthy coping style, while acne and hair loss are found to be significantly related to healthy coping style. Conversely, acne, menstrual irregularities, weight gain, hair loss, and darkening of skin have a significant relationship to unhealthy coping except for infertility. However, there was no evidence of relationship between the extent of chief complaints associated with PCOS and healthy the majority of the respondents. Unhealthy coping, on the other hand, was confirmed to have a significant relationship with chief complaints associated with PCOS.

Biography

Michelle P. Macahilig is a recipient of many awards and grants for valuable contributions and discoveries in major area of subject research like [Psychological Distress](#), and Coping Styles of Women Living with Polycystic Ovarian Syndrome. Michelle P. Macahilig is international experience includes various programs, contributions and

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