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Factors associated with quality of life in endometriosis: review

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Endometriosis is one of the most common chronic gynecological disease. The disease is with Physical and psychological symptoms that limits a person's ability to perform individual tasks and contributing factors to change women s quality of life. Since the quality of life encompasses physical, social and psychological aspect of life, so, we decided to examine factors associated with quality of life in patients with endometriosis. The researchers primarily searched in public databases, including Google Scholar and more specific databases such as SID, Magiran and then Web Of Science, Science Direct, PubMed and in Medical Journals and Elsevier using the Subject Heading (Mesh), keywords include in Endometriosis, quality of life, factors, women, and treatment of psychiatric disorders were also applied and the relevant papers were selected from the years 2000-2016. Finally, the data of 45 papers were extracted. The factors responsible for reduced quality of life is organized on the 3 categories and 3 subcategories. First-category: physical factors (chronic pelvic pain, menstrual pain, painful unrelated to menstruation, constipation or diarrhea, pain during urination, irregular bleeding, pain during bowel movements, difficulty walking, infertility and sexual problems, The second category is social factors (loss of job, loss of contact with people), Third categories: (a) the psychological (loss of self-esteem, stress in relationships, feelings of loneliness and social isolation, child care concerns, lack of understanding by family illness, sadness, hopelessness, and appearance modified). (b) Psychiatric disorders. An overview showed that each aspect of quality of life made up different dimensions that have personal and interpersonal influence and worsen the quality of life. So knowing the problems related to illness and its treatment creates opportunity for the most appropriate strategy such as counseling couples to become familiar with the disease and its adaptation.

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