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Depression and anxiety in women with polycystic ovary syndrome from Pakistan

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Introduction: Polycystic ovary syndrome (PCOS) is a complex and heterogeneous disorder of young female. It is related to reproductive, metabolic and psychological abnormalities.

Objective: The aims of the study were to estimate the prevalence of depression in PCOS patients compared with controls and to evaluate the correlation between depression, obesity, clinical marker of hyperandrogenism and other metabolic markers.

Study Design: Case- control study.

Duration: 2.25 years (Dec' 2010- Mar' 2013)

Materials and Methods: A total of 225 women presented with PCOS based on the 2003 Rotterdam criteria were assessed for clinical levels of anxiety and depression along with socio demographic, clinical and biochemical profiles. All data were analyzed by using SPSS version 16. Statistical significance was defined as $p < 0.05$.

Results: The study results showed that 42% of PCOS women had anxiety, 31% had depression and 20% had both depression and anxiety. In comparison, 11% of control women had anxiety, 9% had depression and 3.5% had both anxiety and depression. Depression and anxiety scores were higher in PCOS patients than controls ($P < 0.000$). Depression scores significantly increased with increase in insulin resistance and lipid profile.

Conclusions: The results concluded that depression and anxiety is highly prevalent in PCOS patients as compared to controls. This disorder seems to be related with obesity, infertility, hirsutism, menstrual irregularities and insulin resistance.

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