

3<sup>rd</sup> World Congress on

# POLYCYSTIC OVARIAN SYNDROME

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## Depression, anxiety and satisfaction with life in patients with polycystic ovary syndrome

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Due to the nature of the condition, PCOS patients suffer both from primary and secondary psychological consequences. The primary psychological consequences stem from the hormonal imbalance, while the secondary psychological consequences follow the emotional burden patients face. Despite this phenomenon, medical treatment of PCOS often only focuses on the physiological symptoms, and psychological problems remain untreated. Psychological problems however often impact the physiological symptoms, thus worsening the condition. A recent study conducted at our university aimed to explore this multidimensional syndrome, and its relation with depression, anxiety, satisfaction with life, self-efficacy and certain demographic variables. Analyzing data of women with and without PCOS, significant difference was observed in their values of depression and satisfaction with life. No significant difference was found related to their values of anxiety, self-efficacy and their demographic values. The result of the research project suggests that screening and prevention of depression should be part of PCOS treatment, and patients need accurate information about the long-term risks associated with this condition in order to achieve a sustainable lifestyle change.

### Biography

Erika Toth is a clinical and health psychologist, focusing on health psychology in the area of obstetrics & gynecology.

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