

9th International Conference on Gynecology and Obstetrics

June 19-20, 2023 | Webinar

Volume : 13

Psychosomatic Disorders and their Correlation with Menstrual Irregularities in University Students of Punjab: A Cross-Sectional Mediation Analysis

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Somatoform disorders, Depression, and Anxiety have a very noticeable prevalence among the females during different menstrual disturbances. All these conditions overlap in different settings and conditions. They can cause a constant state of morbidity and undertreatment or decreased response to a given treatment.

However, little or no research has been done on the relationship between somatoform disorders, depression, and Anxiety. Therefore, this study aimed to find the prevalence of somatoform disorders, Anxiety and Insomnia in a specific population and find their relationship with each other.

Subjects and Methods: 394 subjects were approached online via social media platforms to fill in a self-administered questionnaire. All subjects were assessed and evaluated via Patient Health Questionnaire-15(PHQ-15), Patient Health Questionnaire-9 (PHQ-9) and Hamilton Anxiety Rating Scale (HAM-A). Regression Analysis was done and the correlations of our variables were determined.

Results: Our study found that subjects had a high prevalence of Somatization, Anxiety, and depression in association to different menstrual irregularities. Moreover, these disorders were more prevalent in subjects belonging to Non-medical profession. A strong positive correlation between all three disorders was noted and their concurrent prevalence in a subject was highly likely.

Conclusion: The study warrants further research on a bigger and general population. Also, it encourages the health care providers to have a vigilant approach to patients in general health care settings. With proper screening and a systematic approach, effective diagnosis, and treatment of not only one but three concurring diseases possible in relation to the menstrual irregularities.

Biography

Ameer Hamza Mahmood Ul Hassan has his expertise in evaluation and passion in improving the health and wellbeing. His open and contextual evaluation model based on responsive constructivists creates new pathways for improving healthcare. He has built this model after few years of experience in research, evaluation, teaching and administration both in hospital and education institutions.

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Abstract received :June 09, 2023 | Abstract accepted : June 12, 2023 | Abstract published : 20-07-2023