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## RESEARCH ARTICLE

## A Study on Assessment of Quality of Life in Polycystic Ovarian Syndrome Patient with or Without Co-Morbid Conditions

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### ABSTRACT

**Background:** Polycystic ovarian syndrome (PCOS) is a lifestyle disorder known to cause profound distress in the physical and emotional well-being of the patient that implicates the need for treatment and lifestyle management. Unawareness and ignorance among patients may be a predominant cause of compromised quality of life (QOL) that necessitates education from health-care professionals. **Objective:** The study aimed to assess the quality of life and comorbidities associated with PCOS. **Methodology:** The study is designed as a hospital-based prospective observational study conducted in the IVF department at the Rajiv Gandhi Co-Operative hospital, Palakkad. Patients with polycystic ovaries, infertility, and patients with irregular menstrual cycles are included in the study. Patients will be later administered the WHO QOL-bref questionnaire to evaluate the quality of life in PCOS patients. WHOQOL-BREF has 26 items with a five-point Likert type response scales-generic QOL instrument. **Results and Discussion:** A total of 246 patients with PCOS were included in the study. Table 1 describes the comorbidities of PCOS.

Among 246 patients, 9.75% of patients have subclinical hypothyroidism and 7.37% of patients have complaints of infertility. Table 2's distribution is based on the variation of the laboratory parameters. Among the laboratory parameters, AMH (10.1%) and TSH (9.7%) are increased in PCOS patients. In PCOS, women have a poor quality of life. **Conclusion:** The most commonly found comorbidities are infertility and hypothyroidism in PCOS patients. The laboratory parameters that show high as compared to other variations are AMH and TSH. Quality of life is decreased in PCOS patients.

**Key words:** AMH, PCOS, TSH, WHOQOL BREF-questionnaire, Infertility, Hypothyroidism

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