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A Knowledge, Attitude and Practices Study on PCOS in Young Females

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ABSTRACT

Polycystic Ovary Syndrome (PCOS) is one of the most prevalent endocrine disorders affecting women of reproductive age, often beginning during adolescence. Despite its high prevalence, awareness and understanding of the condition among young females remain insufficient, leading to delayed diagnosis and inadequate management. This study aims to assess the Knowledge, Attitude, and Practices (KAP) regarding PCOS among young females, particularly students in higher educational institutions. A cross-sectional survey was conducted using a structured questionnaire distributed to 500 participants aged 16–25 years across various colleges. The questionnaire assessed participants' awareness of PCOS symptoms, risk factors, complications, lifestyle influences, and their attitudes and behaviors toward health-seeking and preventive measures. The results revealed that while a significant number of respondents had heard of PCOS, only a minority demonstrated comprehensive knowledge of its etiology, long-term health risks (e.g., infertility, diabetes, cardiovascular issues), and the importance of lifestyle modifications. Attitudes toward the disorder were generally mixed, with many expressing concern but showing limited proactive engagement in preventive health behaviors. A considerable gap was identified between awareness and actual health practices, such as regular exercise, healthy eating, and timely medical consultation. This study highlights the urgent need for targeted health education programs that not only raise awareness but also encourage positive behavioral change. Enhancing the KAP related to PCOS among young women is critical for early detection, effective management, and long-term reproductive and metabolic health.

Keywords: Polycystic Ovary Syndrome, PCOS, Knowledge, Attitude, Practices, Young Females, Adolescents, Women's Health, Reproductive Health, Health Education

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