



Journal of Hospital Pharmacy  
An Official Publication of Bureau for Health & Education Status Upliftment  
(Constitutionally Entitled as Health-Education, Bureau)

## Quasi-Interventional Study: Abnormal Uterine Bleeding's impact on Quality of life and Psychological Health, and Counselling Efficacy

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### ABSTRACT:

**Objective:** This study aimed to evaluate the influence of abnormal uterine bleeding (AUB) on health-related quality of life (HRQoL), assess its psychological ramifications, and determine the effectiveness of structured patient counseling in mitigating these impacts. **Methodology:** A Quasi Interventional study conducted on 70 patients visiting The Oxford Medical College, Hospital and Research Centre, Attibele, Bangalore from May 2023 to September 2023. Demographic data of women presenting or admitted during the study period were collected. Quality of life (QOL) and psychological health were assessed using SF-36 and DASS-21 questionnaires. Following counseling, a follow-up evaluation was conducted, and the data were analyzed statistically to assess the impact of counseling on QOL and psychological outcomes. **Results:** A study of 70 patients revealed that 70% experienced psychological health alterations, including stress (65.7%), anxiety (44.3%), and depression (14.3%), with 74.3% showing reduced quality of life (QOL). Post-counseling, 67.1% resolved stress, 75.7% reduced anxiety, 90% improved depressive symptoms, and 61.4% improved QOL. **Conclusion:** The findings demonstrated that abnormal uterine bleeding (AUB) substantially compromised women's psychological health and health-related quality of life (HRQoL). Nevertheless, targeted patient counseling interventions proved to be crucial in ameliorating these adverse outcomes.

**Keywords:** AUB, QOL, DASS-21 and SF-36

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Website: <http://www.journalofhospitalpharmacy.in>

Received on 25/01/2025

Accepted on 04/02/2025 © HEB All rights reserved

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