

## **Psychological impact of polycystic ovarian syndrome among patients who sought help for infertility: a case control study**

### **ABSTRACT**

Polycystic ovarian syndrome (PCOS) is a common hormonal disorders in women which carries both physical and psychological consequences. Current study aims to examine the extent of psychological impact and its associated factors. A case control study was conducted in clinic which focuses on treating infertility. Women with PCOS diagnosis were matched with women without PCOS diagnosis. Self-report questionnaire, the Malay language version of both Beck Depression Inventory-II and Beck Anxiety Inventory were administered to assess psychological impacts of PCOS. 48 participants were assigned into control group (non-PCOS) and case (PCOS) group. Descriptive statistics and chi square test were performed to determine the association. PCOS group were reported to have higher prevalence in depression and significant association with anxiety symptoms as compared with non-PCOS group. None of the socio-demographic factor was associated with depression and anxiety. Psychological intervention to improve well-being of patients should be implemented to ensure optimum treatment outcome.

**Keyword:** Malaysia; Depression; Anxiety; Infertility; Psychology