



A Descriptive Study to Assess Knowledge Regarding Impact of PCOD on Mental Health of Girls in Selected Colleges of District Pulwama with a View to Develop an Information Booklet on Management of PCOD

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ABSTRACT :

Polycystic Ovarian Disease (PCOD) is one of the most common endocrine disorders among adolescent and young women, often leading to significant physical, social, and psychological consequences. This study was conducted to assess the knowledge of college girls regarding the impact of PCOD on mental health in selected colleges of Pulwama district, with a view to develop an information booklet for better awareness and management.

A quantitative, descriptive research design was adopted. Using simple random sampling, 80 college girls were selected. Data were collected through a self-structured questionnaire and analyzed using descriptive (frequency, percentage, mean, SD) and inferential statistics (chi-square test).

Findings revealed that 55% of girls had moderately adequate knowledge, while 45% had adequate knowledge. None had inadequate knowledge. A significant association was found between knowledge and age, type of family, and monthly family income ($p < 0.05$). Other variables such as religion, father's and mother's education, and source of information showed no significant association.

The study concludes that although most girls had moderate knowledge, gaps remain in understanding PCOD and its mental health implications. An information booklet can serve as a vital educational tool to empower girls and reduce stigma related to PCOD.

Keywords: PCOD, mental health, knowledge, adolescent girls, information booklet

INTRODUCTION

Polycystic Ovarian Disease (PCOD) is a prevalent endocrine disorder affecting 5–10% of women of reproductive age. It is associated with symptoms such as irregular menstruation, obesity, acne, and hirsutism, often leading to emotional distress, anxiety, and depression. Studies report that nearly 40% of women with PCOD experience depression, with adolescents being particularly vulnerable.

This study was undertaken to assess the knowledge of college girls regarding PCOD and its mental health implications, and to develop an educational booklet to bridge these gaps.

OBJECTIVES

1. To assess knowledge regarding the impact of PCOD on mental health among college girls.
2. To find out the association between knowledge scores and selected socio-demographic variables (age, religion, type of family, parental education, monthly family income, and source of information).

METHODOLOGY

Research Approach: Quantitative

Research Design: Descriptive survey design

Setting: Selected colleges of Pulwama District

Population: College-going girls aged 18–26 years

Sample Size & Technique: 80 students, simple random sampling

Tool: Self-structured questionnaire with 40 items

Data Analysis: Descriptive (mean, percentage, SD) and inferential statistics (chi-square test, $p < 0.05$) using SPSS v26

Ethics: Approval from the ethical committee, informed consent obtained

RESULTS

Demographics: Majority (48.8%) were aged 20–22 years; 98.8% were Muslim; 63.7% belonged to nuclear families; 46.3% fathers were graduates and above; 36.3% families had income \geq ₹30,000/month.

Knowledge Scores:

Moderately adequate knowledge \rightarrow 44 (55%)

Adequate knowledge \rightarrow 36 (45%)

Inadequate knowledge \rightarrow 0%

Associations: Significant association found with age, type of family, and monthly income ($p < 0.05$). No significant association with religion, parental education, or source of information.

DISCUSSION

The findings indicate that while most college girls had a moderate to adequate level of knowledge, misconceptions and lack of awareness still exist. Studies from India and abroad also reveal similar gaps in awareness about PCOD and its psychological burden. The results emphasize the importance of integrating PCOD education into adolescent health programs and college awareness campaigns.

CONCLUSION

The study concludes that college girls in Pulwama district possess moderate knowledge about PCOD and its mental health impact. Age, family type, and income were key factors influencing awareness. Developing an information booklet is strongly recommended to enhance knowledge, reduce stigma, and promote early help-seeking.

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