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## Reproductive and psychological health of women with polycystic ovary syndrome: The Korea nurses' health study

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The purpose of this study was to investigate the differences in reproductive and psychological health in women with and without polycystic ovary syndrome (PCOS). PCOS is the most common endocrinopathy affecting reproductive-aged women and causes chronic anovulation. Women with PCOS were reported to have a 15-fold higher risk of infertility than without PCOS and hormonal changes affect psychological health as well as appearance including obesity, hirsutism and acne. The participants of this study were 269 women diagnosed with PCOS who participated in the module 3 of the Korea Nurses' Health Study. Statistical analysis included descriptive statistics,  $\chi^2$  test and t-test and the Propensity Score Matching method was used in order to statistically correct the difference in the number of samples in both groups. In this study, the prevalence of PCOS was 7.1%. The participants who answered that they have made efforts to get pregnant for more than 1 year were 39.8% in the PCOS group and 16.4% in the non-PCOS group ( $\chi^2=36.541$ ,  $p<0.001$ ). The participants who had no parity were 45.7% in the PCOS group and 34.2% in the non-PCOS group ( $\chi^2=7.445$ ,  $p=0.006$ ). In terms of the regularity of menstruation, 44.6% answered to be regular in the PCOS group, while 79.6% answered to be regular in the non-PCOS group ( $\chi^2=67.673$ ,  $p<0.001$ ). The level of stress in the PCOS group was significantly higher than that of the non- PCOS group ( $t=-1.990$ ,  $p=0.047$ ). There were no significant differences in gravida, BMI, depression and anxiety. Although PCOS is the most common endocrine disorder, there are few studies in Korea. Therefore, this study has significance that it is the first study that identified the prevalence rate and health characteristics of PCOS for a large number of women of childbearing age.

### Biography

Heeja Jung is a Researcher at the Nursing Policy Research Institute, Korean Nurses Association. She is interested in the health and working environment of nurses, especially the effect of occupational exposure and shift work of nurses. She has published relevant research papers and is currently participating in the Korea Nurses' Health Study (KNHS), a large scale prospective cohort study.

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