



Improved Mental Health and Quality of Life in Patients Post-Participation in a PCOS Multi-Disciplinary Clinic

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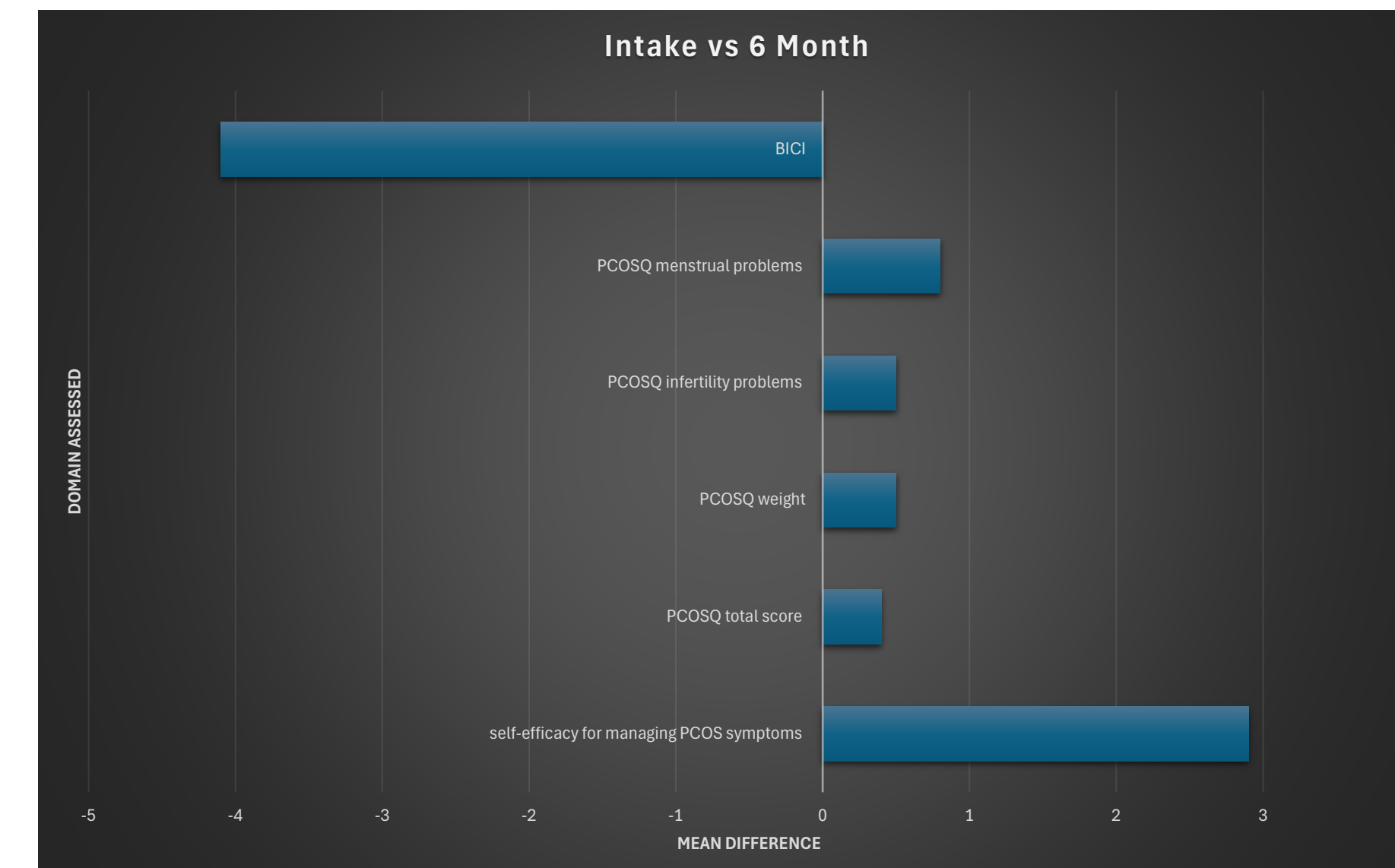
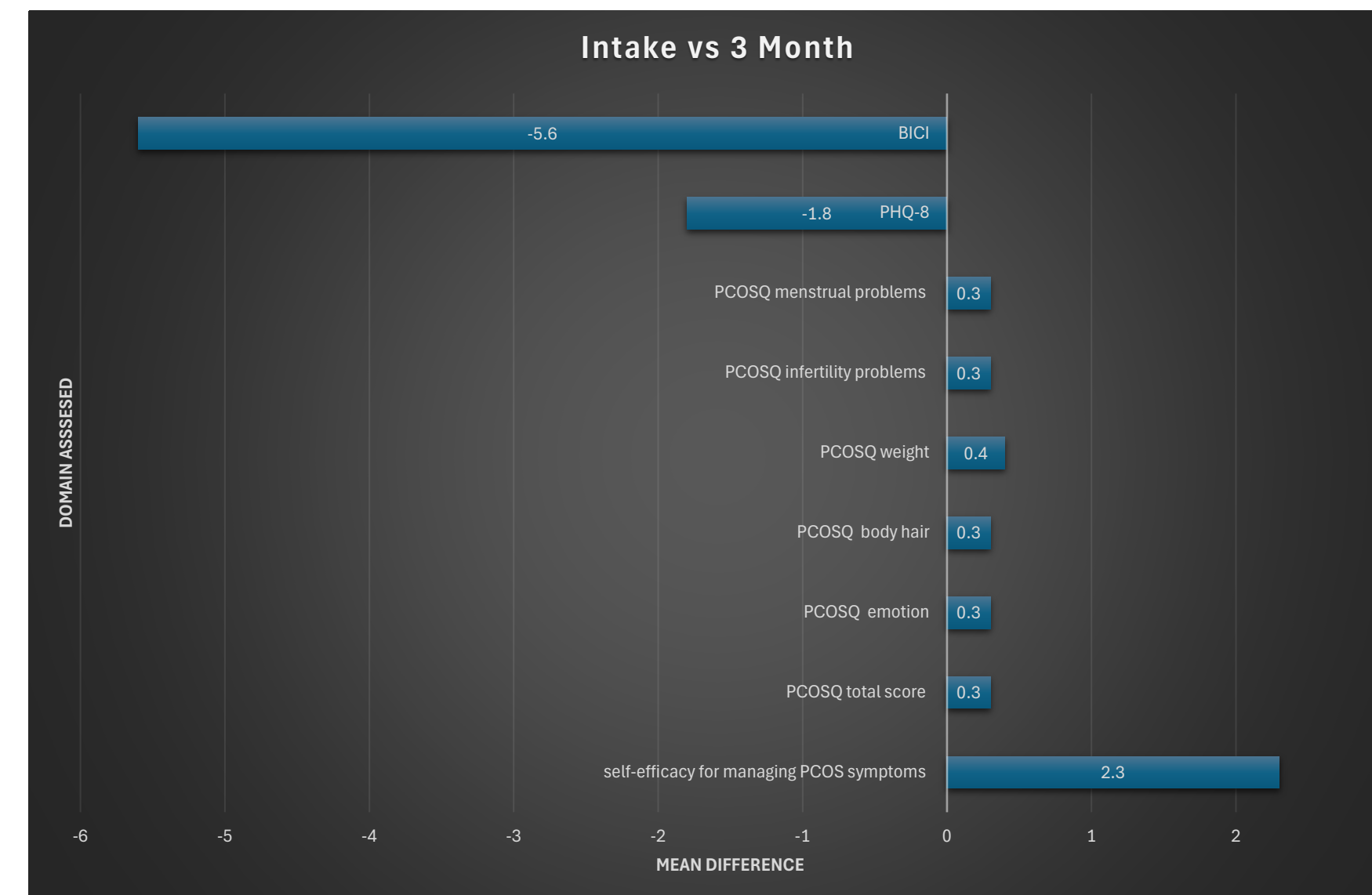
Background

- Polycystic Ovarian Syndrome (PCOS) affects approximately 1 in 6 women worldwide.
- PCOS is associated with decreased quality of life and higher rates of psychiatric disorders even after adjusting for BMI.
- Integrating mental health providers into PCOS and multidisciplinary care is therefore essential.
- We hypothesize that patients participating in our multidisciplinary PCOS program which includes a psychologist, gynecologist, and registered dietitian will experience improvements in mental health and quality of life

Methods

- Adults were recruited from a University-Affiliated Hospital to complete validated questionnaires
- Participants met regularly with their providers for clinic visits
- Questionnaires included PCOS Quality of Life Questionnaire (PCOSQ), PROMIS self-efficacy for managing chronic conditions, Patient Health Questionnaire-8 (PHQ-8) for depression, and Body Image Concern Inventory (BICI).
- Data were analyzed as descriptive statistics.
- Paired t-tests were used to evaluate mean differences from intake to 3-month and intake to 6-month assessments.

Results



Conclusions

- Findings suggest that self-efficacy for managing symptoms, depression, body image concerns, and quality of life significantly improved following access and engagement in multidisciplinary PCOS care
- These findings offer support to screen for and treat mental health concerns that contribute to the overall burden of PCOS.

References

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Disclosures

- No disclosures

- Participants (n=129) were on average 30 years old (standard deviation [SD] 5.9), primarily cisgender, non-Hispanic (78%), White (74%) females (96%).
- At 3-months post-intake (n = 70), participants significantly improved in self-efficacy for managing PCOS symptoms (M 2.3, SD 7.5, p = 0.021), PCOSQ total score (M 0.3, SD 0.6, p < 0.001) and subdomains (emotion, M 0.3, SD 1, p = 0.012; body hair, M 0.3, SD 1, p = 0.023; weight, M 0.4, SD 1.1, p = 0.015; infertility problems M 0.3, SD 0.8, p = 0.027; menstrual problems M 0.3, SD 1.0, p = 0.018). They also significantly reduced depression scores (M -1.8, SD 3.6, p <0.001) and body image concern scores (M -5.6, SD 8.6, p <0.001).
- At 6-months post-intake (n = 37), participants significantly improved in self-efficacy for managing PCOS symptoms (M 2.9, SD 8.6, p = 0.038), PCOSQ total score (M 0.4, SD 0.9, p = 0.008) and subdomains (weight M 0.5, SD 1.2, p = 0.033; infertility problems M 0.5, SD 1.3, p = 0.022; menstrual problems M 0.8, SD 1.1, p < 0.001). They also had significantly reduced body image concern scores (M -4.1, SD 11.4, p = 0.039).