A Cross Sectional Study of Knowledge, Attitude and Practices of Polycystic Ovarian Disease (PCOD) among College Going Girls in Delhi NCR

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Abstract

Introduction

Polycystic ovarian disease (PCOD) is a very common reproductive and endocrine disorder encountered in women of reproductive agegroupand is associated with problems, such as menstrual irregularities; hirsute; obesity; insulin resistance; acne; and, in later life, infertility and uterine cancer. Early diagnosis is necessary for early interventions to minimize the immediate and chronic consequences. The prevalence of PCOS among the girl students has not yet been clearly determined. This study is an attempt to assess the knowledge and its prevalence in college going girls.

Aim and objective

To assess the knowledge, attitude and the practice (KAP) of polycystic ovarian disease among college going girls in Delhi NCR.

Materials and methods

A cross-sectional study was undertaken to assess the prevalence of polycystic ovarian disease (PCOD) among426 girls aged 18-25years. The study was conducted using a questionnaire. Data analysis was done using Microsoft Excel.

Results and discussion

A total number of 426 respondents were enrolled in this study. The prevalence rate of PCOD was found to be 14.6% in college going girls in Delhi NCR which is representative of metropolitan cities. In this study, we found that 75.2% of girls were aware of PCOD. The average knowledge, attitude, and practice component were 90%, 90.62% and 12.2% respectively.

Conclusion

Our preliminary results suggest that knowledge and attitude components were high and practice component was comparatively low. This study demonstrates that PCOD is an emerging disorder and Health education will provide an opportunity for early screening and better treatment outcomes to prevent future complications.