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KNOWLEDGE AND ATTITUDES TOWARD POLYCYSTIC OVARY SYNDROME AMONG PALESTINIAN UNIVERSITY WOMEN

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Abstract

Background: Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders affecting women of reproductive age. Although its exact etiology remains unclear, genetic predisposition and unhealthy lifestyle factors are believed to play significant roles in its development. Women with PCOS commonly experience irregular or absent menstrual cycles and elevated androgen levels.

Objective: This study aimed to assess the level of knowledge, attitudes, and health-related behaviors regarding PCOS among Palestinian female university students.

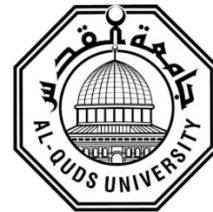
Methods: A cross-sectional study design was employed using an electronic questionnaire distributed to Palestinian university students. The survey assessed participants' knowledge of PCOS, factors associated with increased awareness, and health practices related to the condition. A total of 503 female students participated in the study, with the 20–21-year age group being the most represented.

Results: The overall mean knowledge score was 4.73 (SD = 1.76). Knowledge levels increased significantly with age and academic year. Students enrolled in medical and health-related specialties demonstrated higher knowledge scores compared to those in non-medical fields. Although participants exhibited generally positive attitudes toward health monitoring and adopting healthy lifestyle behaviors, the moderate objective knowledge score (4.73 out of 8) indicates insufficient factual understanding of PCOS.

Conclusions: Palestinian female university students demonstrated moderate knowledge of PCOS, with higher awareness among medical students and older participants. Despite generally positive attitudes toward health, educational interventions are needed to improve understanding and promote early management of PCOS. Polycystic Ovary Syndrome (PCOS), Knowledge, Attitudes, University Students, Women's Health.



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Key Words: PcosPolycystic Ovary Syndrome (PCOS), Knowledge, Attitudes, University Students, Women's Health.

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