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## ABSTRACTS: VOLUME 5, SPECIAL ISSUE

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### ABSTRACT

#### **Knowledge, Perception, and Management of PCOS among Women in Palestine**

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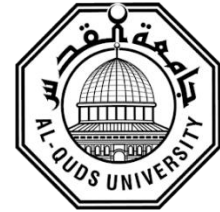
#### **Published in May 2023**

**Background:** Women's health is all about preventing, diagnosing, and treating conditions that are specific to females. Polycystic ovarian syndrome (PCOS) ranks among the most prevalent endocrinopathies in women. It can negatively affect women if left undiagnosed and unmanaged. This will roughly reduce the quality of life of many women, and increase their exposure to chronic diseases. To better understand how women perceive PCOS and how gynecologists handle it, a mixed-method research is required.

**Objectives:** To assess the knowledge of PCOS among Palestinian women, know their prescriptive, and to better understand the management of PCOS according to gynecologists' experiences.

**Methods:** This mixed-method study includes two parts. The quantitative survey; it is a descriptive, cross-sectional study, designed in order to assess female knowledge and perceptions about PCOS in Palestine. This study was conducted via a validated questionnaire in the Arabic language, and five hundred twenty-one women met the inclusion criteria and participated in the study. Statistical Package for Social Sciences (SPSS) version 5 was used to gather, code, input, analyze, and report data. The qualitative interviews were conducted among six experienced gynecologists to explore their perceptions, diagnosis experiences, and management of PCOS.

**Results:** According to the results, the participants had scant knowledge about PCOS with a percentage of (45.7%). The main sources of information were websites (n = 138, 27%), 426



participants know that irregular or absence of menstrual cycle is a symptom of PCOS (81.8%). More than half of the participants (57.3%) believe that PCOS patients require social support. (The educational level and career field) factors were significantly associated with participants' knowledge of PCOS (P-value = 0.000 for both). In addition to disease history-related variables like having a history of PCOS in a woman's mother or sister, and diabetes family history (P-value = 0.002, 0.046) respectively. The qualitative interviews focused on plenty of challenges with PCOS diagnosis and management, including the lack of uniformity in diagnostic standards and the need for more effective PCOS therapy choices.

**Conclusion:** This research emphasizes the significance of increasing PCOS awareness and understanding among women, as well as standardizing PCOS treatment and diagnosis among gynecologists. As women are under-informed about PCOS and its complications. The current level of understanding PCOS needs to be improved by offering education from various sources. Focusing on the importance of healthcare providers in educating women of all ages about PCOS, and needing more effective PCOS treatment options are required.

**Keywords:** Knowledge, Women, Perception, Management, PCOS, Palestine.