

A Survey on Health Literacy about PCOD among Adolescents and Young Women

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Abstract—A common endocrine condition that affects teenagers and young women, polycystic ovarian disease (PCOD) has major effects on metabolic, psychological, and reproductive health. Even though PCOD is becoming more common, little is known about it, especially among younger people. The purpose of this study is to determine gaps in knowledge, attitudes, and health-seeking behavior as well as to evaluate the degree of health literacy among young women and adolescents regarding PCOD. 130 female participants from Wardha, Nagpur, and Chandrapur participated in a cross-sectional survey using a questionnaire. The results show that a significant percentage of respondents have either been diagnosed with PCOD or have experienced its symptoms, with irregular menstruation being the most frequently reported symptom. The study concludes that targeted health education programs are necessary and that improving health literacy through organized awareness campaigns can help young women manage PCOD better, lessen stigma, and make educated decisions.

Index Terms—Polycystic Ovarian Disease (PCOD), Health Literacy, Adolescents, Survey, Reproductive Health, Menstrual Health.

I. INTRODUCTION

PCOD is recognised as a complex syndrome with multiple manifestations, impacting not just reproductive-age women but also young girls and older, postmenopausal women. Due to its irregular and disruptive characteristics, PCOD negatively impacts women's fertility and overall reproductive well-being. PCOD typically presents with disturbed monthly periods, difficulty conceiving, and signs of androgen excess like hirsutism and acne. Women suffering from PCOD exhibit multiple cardiovascular risk factors such as obesity, diabetes, insulin resistance, impaired glucose tolerance, type 2 diabetes mellitus, hypertension, abnormal lipid levels and metabolic syndromes.

Health literacy is crucial for helping people make well-informed choices about their health. It involves

the skill to interpret, comprehend, assess and apply health information appropriately. Among adolescents and young women, especially in low-resource or sociocultural restrictive settings, health literacy related to menstrual health and reproductive disorders like PCOD is often insufficient. This survey is designed to assess the current level of health literacy regarding PCOD among adolescents and young women, examining their attitude toward seeking medical help and their sources of health information.

II. AIM AND OBJECTIVES

Aim

A survey on health literacy about PCOD among adolescents and young women.

Objectives

- To determine the extent of awareness and comprehension regarding PCOD among adolescents and young women.
- To identify common misconceptions related to PCOD in this demographic.
- To evaluate the effect of health literacy on health-seeking behaviour and management of PCOD.
- To provide recommendations for improving health education and resources related to PCOD.

III. METHODOLOGY

5.1 Study Design and Population

This study utilized a questionnaire-based cross-sectional descriptive survey design to assess health literacy related to PCOD among adolescents and young women. The study focuses on gaps in awareness, misunderstanding, and the source of information about PCOD. Data were collected from 130 females who consented to participate from Wardha, Nagpur, and Chandrapur.

5.2 Study Procedure

The data were collected through both face-to-face interaction (offline) and online methods. An identical version of the questionnaire was created using Google Forms. The link was shared through email, WhatsApp and social media platforms.

modification; interest in educational programs; challenges in managing PCOD; beliefs about PCOD management; risk factors; and attendance at PCOD seminars or workshops.

V. RESULT AND RESPONSE



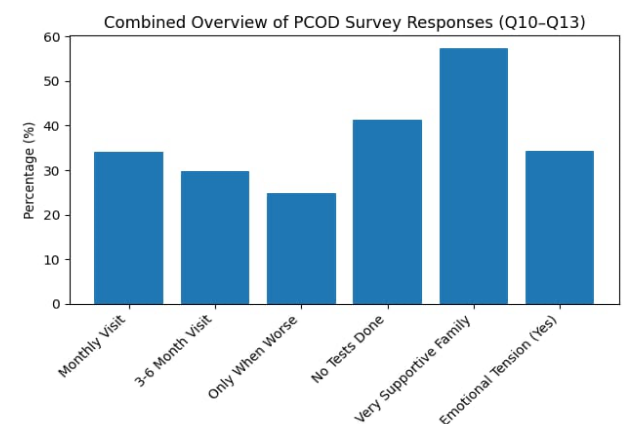
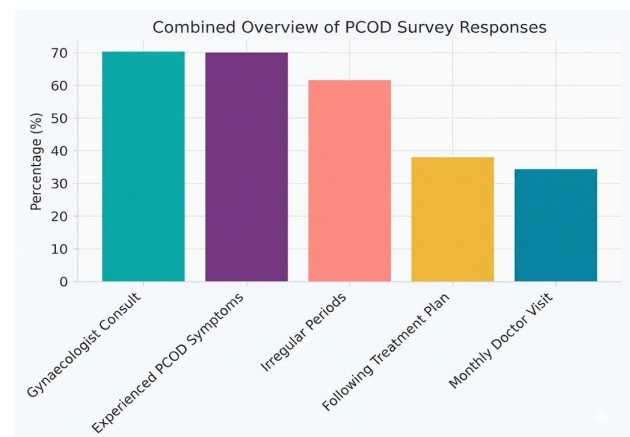
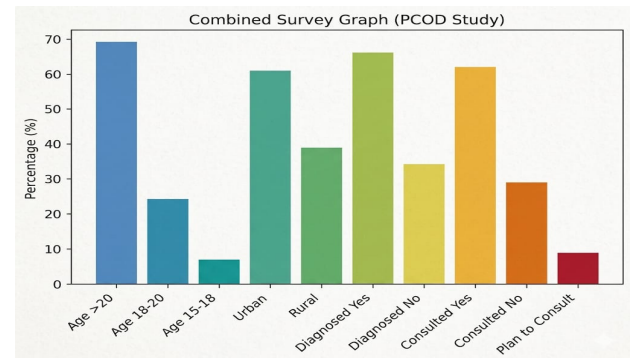
Fig. 1: Data Collection at Bachlor RD, Wardha



Fig. 2: Data Collection at Alodi, Wardha

IV. QUESTIONNAIRE

The questionnaire included questions covering: age and area of residence; PCOD diagnosis history and duration; consultation with doctors or gynaecologists; symptoms experienced; treatment options discussed; frequency of doctor visits; medical tests undergone; family support; dietary practices and nutritionist consultation; awareness of early detection and lifestyle



The results of this survey emphasize widespread awareness about PCOD among adolescents and young

women, along with different degrees of understanding about the condition. A large percentage of respondents reported being diagnosed with PCOD or going through its symptoms, which indicates that the disorder is becoming increasingly common in younger age groups. This may be linked to habitual factors such as unhealthy diet, stress, lack of physical activity, and hormonal imbalance. Irregular menstrual cycles are the most frequently reported symptom, followed by weight gain, acne, and difficulty conceiving. Most participants positively recognized that early diagnosis and lifestyle adjustment can help in effective management. The positive response toward attending educational programs and counselling sessions shows that many young women are truly interested in understanding their reproductive health.

VI. CONCLUSION

- 66.1% of participants reported being diagnosed with PCOD, showing a high prevalence rate.
- Among them, 52.4% were diagnosed within the last year, indicating that awareness and detection have increased recently.
- 69.8% of respondents have experienced symptoms of PCOD, with the most common symptom being irregular periods (61.4%), followed by weight gain (20.2%), acne (14%), and difficulty conceiving (4.4%).
- 59.5% of participants are aware that early detection and lifestyle modification can reduce the risk of PCOD complications.
- 72.4% expressed interest in attending educational programs or counselling related to PCOD, showing a positive attitude toward learning and improving health awareness.

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