

Abstract 15:

Knowledge on polycystic ovarian syndrome, its prevalence based on self-reported symptoms, and associations among female dance students of University of Jaffna

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Background and objectives: Polycystic ovarian syndrome (PCOS) is a common genetic and metabolic disorder affecting women's reproductive health. Early detection and awareness are essential for effective management. This study aimed to assess knowledge on polycystic ovarian syndrome, its prevalence based on self-reported symptoms, and associations, among female dance students of University of Jaffna.

Methods: An institution-based descriptive cross-sectional study was conducted among 274 female dance students aged 20 to 26 years from the Faculty of Performing and Visual Arts, University of Jaffna. Data were collected using a self-administered questionnaire developed by the researchers. PCOS prevalence was assessed using the Rotterdam Criteria while knowledge levels were categorised as limited (<50), average (50-70), and good (>70) based on a scoring system developed by the researchers. Data analysis was performed using SPSS. The chi-square test was used to assess associations.

Results: In total, 266 students participated with a response rate of 97%. All participants identified as Sri Lankan Tamil. Most respondents were in their second year (n=60, 22.6%). The majority reported a monthly family income of <Rs.50, 000 (n=214, 80.5%). In the sample, 61.5% (n=160) correctly identified PCOS as a reproductive system disorder. Overall knowledge about PCOS was poor, with 87.7% of participants scoring in the limited category; 88.8% (n=207) had limited knowledge of PCOS complications. Self-reported PCOS prevalence was 7.5%. Significant associations were found between PCOS and family income (p=0.007), and sleep patterns with sleep duration (p=0.016).

Conclusions and recommendations: Most participants recognized PCOS as a reproductive disorder, but their overall knowledge was limited particularly regarding the complications of PCOS. Although only a small percentage (7.5%) had PCOS based on self-reported symptoms, this prevalence among an active undergraduate population highlights the need for awareness and screening programmes at the community level to aid primary and secondary prevention.

Keywords: Polycystic ovarian syndrome, Knowledge, Rotterdam criteria, Undergraduates