

Psychological impact of polycystic ovary syndrome in adolescent girls.

Rukaiah Dagmar*

Department of Midwifery and Reproductive Health, University of Medical Sciences, Tehran, Iran

Introduction

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder that affects many adolescent girls worldwide. While PCOS is primarily known for its physical symptoms, such as irregular periods and hormonal imbalances, it also has a significant psychological impact. This article aims to explore the psychological implications of PCOS in adolescent girls, shedding light on the emotional, social and mental challenges they face due to this condition [1].

Adolescence is already a challenging period characterized by emotional changes and self-discovery. However, PCOS can intensify these emotional challenges in affected adolescent girls. Hormonal imbalances associated with PCOS can lead to mood swings, anxiety and depression. The irregular menstrual cycles, physical symptoms like excessive hair growth and weight fluctuations can negatively impact body image and self-esteem. These emotional challenges can affect their overall quality of life, academic performance and relationships with friends and family [2]. Adolescence is a time when social interactions and peer acceptance play a crucial role in an individual's development. However, PCOS can create hurdles in social settings for adolescent girls. They may experience embarrassment, shame, or stigma due to physical manifestations of PCOS, such as acne, excess facial or body hair, or weight gain. These visible symptoms can lead to a decrease in self-confidence and self-worth. Consequently, affected girls may withdraw from social activities, feel isolated and develop a negative body image. Such social challenges can have long-term implications on their social development and relationships [3].

The psychological impact of PCOS can extend to mental health issues, such as anxiety and depression. The hormonal imbalances associated with PCOS can disrupt neurotransmitter activity in the brain, contributing to mood disorders. Additionally, the emotional distress, body image concerns and social challenges that come with PCOS can increase the risk of developing anxiety and depression in adolescent girls. These mental health issues may further exacerbate the emotional and social difficulties they experience. It is crucial for healthcare professionals to recognize the mental health implications of PCOS in adolescent girls and provide appropriate support and intervention.

Menstruation, also known as a period, is a natural biological process that occurs in adolescent girls and women. It is a part of the menstrual cycle, which is the monthly hormonal cycle

that prepares the female body for pregnancy [4]. Here's some information about adolescent girls and menstruation.

Onset of Menstruation: Menarche is the term used to describe a girl's first menstrual period. It typically occurs between the ages of 9 and 16, with an average age of around 12. However, the age at which girls start menstruating can vary widely.

Menstrual Cycle: The menstrual cycle is usually around 28 days long, although it can vary from person to person. The cycle is divided into different phases, including the menstrual phase (when bleeding occurs), the follicular phase (preparation of an egg for release), ovulation (the release of an egg from the ovary) and the luteal phase (preparation of the uterus for a potential pregnancy) [5].

Menstrual Bleeding: During the menstrual phase, the lining of the uterus is shed through the vagina, resulting in menstrual bleeding. The bleeding typically lasts for 3 to 7 days, with an average blood loss of about 30-40 millilitres. However, individual experiences can vary.

Conclusion

Polycystic Ovary Syndrome can have a profound psychological impact on adolescent girls, affecting their emotional well-being, social interactions and mental health. It is essential for healthcare providers, educators and parents to be aware of these challenges and provide a supportive environment for affected girls. Early detection, appropriate medical treatment and psychological support can help mitigate the negative psychological consequences of PCOS. By addressing the emotional and social implications of PCOS in adolescent girls, we can enhance their overall well-being and promote their healthy development during this critical stage of life.

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*Correspondence to: Rukaiah Dagmar, Department of Midwifery and Reproductive Health, University of Medical Sciences, Tehran, Iran, E-mail: dagmaiah@sbm.ac.ir

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