

## Prevalence and Knowledge of Polycystic Ovary Syndrome (PCOS) Among Female medical Students, King Khalid University

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### ABSTRACT

**Background:** polycystic ovary syndrome is one of the most common endocrinopathies. PCOS is hormonal complex disorder affects many women globally. The incidence of PCOS will increase due to lifestyle change. PCOS had group of symptoms irregular menstrual cycles, excessive hair growth (hirsutism), insulin resistance. This study has been conducted to assess the prevalence and Knowledge of PCOS among female medical students in King Khalid University, Abha, Saudi Arabia.

**Methodology:** this is cross-sectional study, online questionnaire was sent to 200 female medical students in King Khalid University, Abha, Saudi Arabia, during the period from 10/8/2022 to 10/12/2022. The study targeted all female medical students in King Khalid University.

**Result:** the prevalence of self-reported was 26.5%. The most clinical presentation among the participants were oligomenorrhea, hirsutism, increase weight, acne and insulin resistance. Increase in weight and irregular physical activity show a relationship with PCOS, 79.5% of participants aware of PCOS.

**Conclusion:** This study was conducted among female students at King Khalid University and included a total of 200 participants. The most common age group was 20-23 years. This study revealed the prevalence of PCOS is about (26.5) % which considered low. The hair loss, lower abdominal pain and acne were the significant and dominant problems among the participants and they have an adequate knowledge about PCOS and it is complication.

**Keywords:** polycystic ovary syndrome, King Khalid University, medical students.

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