

Effective factors on anxiety disorders in patients with polycystic ovarian syndrome: A literature review

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Introduction: Polycystic ovarian syndrome (PCOS) is the most common endocrine disorder affecting women of reproductive age. Although prevalence of psychiatric disorders in PCOS patients are high, anxiety appears to be the most common psychiatric diagnosis among patients with PCOS. Given the negative effects of anxiety on quality of life of patients with PCOS, the aim of this study was to assess the effective factors on anxiety disorders in patients with PCOS.

Methods: The present study is a review which researchers conducted their computer search in public database like Google Scholar and more specifically databases such as Web of Science, Science Direct, PubMed with using keywords such as polycystic ovarian syndrome, anxiety, anxiety disorders, related factors, physical symptoms and selected articles from 1998 to 2016. Overall 34 articles have been searched. Researchers reviewed the summary of all articles searched, 8 articles are excluded due to non-relevance and ultimately, they applied the data from 26 articles to compile this review.

Results: Results regarding effective factors on anxiety disorders in PCOS were categorized in 2 sections. **Physical factors** such as hirsutism, acne, anovulation, menstrual irregularities, body dissatisfaction, increased body weight or obesity, **psychosocial factors** like losing femininity, loss of fertility, feeling less sexually attractive and loss of sexuality, low self-esteem are factors which effect on appearing anxiety. Studies showed that hirsutism and obesity are the most common symptoms which cause anxiety in patients with PCOS.

Discussion and conclusion: Given the high prevalence and the serious implications of anxiety in PCOS patients, psychiatrists should be aware of this psychiatric comorbidity and ensure that patients receive adequate psychotherapeutic and pharmacologic treatment.

Key Words: Polycystic ovarian syndrome, anxiety, anxiety disorders, related factors, physical symptoms