عنوان مقاله:
The Effect of Cognitive Behavioral Counseling on Quality of Life in Women with Polycystic Ovarian Syndrome

محل انتشار:
چهارمین کنگره بین الملی تولیدمثل (سال:1397)

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خلاصه مقاله:
This research was aimed to investigate The Effect of Cognitive Behavioral Counseling on Quality of Life components in Women with Polycystic Ovarian Syndrome attending Shahid Akbarabadi Hospital in Tehran city. For this purpose, 44 women with Polycystic Ovarian Syndrome were selected and assigned randomly to -two groups (experimental and control). All subjects filled out whole items of Health related quality of life questionnaire for polycystic ovary syndrome (PCOSQ) prior to and three weeks after the intervention. In addition to the routine treatment techniques, the intervention group received ten weekly individual sessions of cognitive-behavioral counseling. No significant difference was found between intervention and control groups in any of the demographic and reproductive details. Pretests showed no significant difference between the two groups in mean scores of -quality of life and its dimensions. However, in the posttest and after the cognitive behavioral intervention, mean scores of quality of life and all its dimensions (except for menstruation problems) increased in the intervention group. This increase was significant compared to pretest and also compared to scores obtained by the control group (P<0.05). Cognitive-behavioral counseling improved psychological and physical components of quality of life in women with polycystic ovary syndrome.

کلمات کلیدی:
Poly cystic Ovary Syndrome, Quality of Life, Cognitive-Behavioral Counseling

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