

Assess Knowledge and Practices Regarding Polycystic Ovary Syndrome At Assuit Nursing Secondary School Students

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Abstract

Background: Among women of reproductive age, polycystic ovarian syndrome (PCOS) is a common endocrine condition that has been linked to detrimental metabolic, reproductive, endocrine, and psychological effects. PCOS may be present among many girls who experience persistent irregular menstruation. **The aim:** Assess knowledge and practices regarding polycystic ovary syndrome at Assuit Secondary school students. **Design:** This study was carried out using a descriptive research design. **Setting:** This study was conducted at Assuit Nursing Secondary School female Students at Al-Eman General Hospital in Assuit city. **Sample:** A Convenient sample was recruited for this study of all available nursing secondary school students (190-all levels). **Tools of data collection:** Data were collected by using one tool. an interviewing questionnaire consists of three parts: **Part (1):** Personal data It includes: Age, residence, fathers' education, fathers' occupation, mothers' education, mothers' occupation. **Part (2):** Knowledge regarding PCOS. **Part (3):** Assess practices regarding PCOS. **Results:** The current study findings the mean age of studied (± 16.82). This study shows (80%) of students had average knowledge about PCOS and (71.1%) of unsatisfactory practices. **Conclusion:** Four fifth of studied students had average knowledge on PCOS. More than two thirds of studied students were unsatisfactory preventive practices of PCOS. More than half of students unaware about PCOS. **Recommendation:** Implementing a programme to raise knowledge of young girls about polycystic ovarian syndrome and its practices to prevent PCOS.

Keywords: Knowledge, Nursing students, Practices & PCOS.

Introduction

Polycystic ovary syndrome (PCOS) is a heterogeneous disorder that causes the ovaries to overproduce androgens. The syndrome is linked to insulin resistance and is identified by certain clinical, biochemical, and ultrasonographic parameters (Alshdaifat et al., 2021).

Changes in hormones level lead to immature ovum, so the woman complains from the signs and symptoms of PCOS. For example, raising the level of luteinizing hormone and decreasing the level of follicle stimulating hormone can increase the secretion of dehydroepiandrosterone sulphate, oestrogen, and testosterone (Szeliga et al., 2022).

The symptoms of these hormone fluctuations in adult women include irregular menstruation, obesity, hirsutism, acne, rapid weight gain, infertility, and mood swings. These hormone fluctuations also cause cyst evolution (Thabet et al., 2021).

Although the exact aetiology of PCOS is still unknown, researchers think that hyperandrogenism and hyperinsulinemia, which are linked to insulin resistance, are the main causes of this case. The regular functioning of other hormones that regulate menstruation was affected by the increased of that hormones which responsible about regulation of ovarian function (Chaudhary et al., 2021).

Numerous risk factors, including genetics, body weight, ethnicity, and the environment, have been linked to PCOS (Kandel et al., 2019). Thus, raising awareness promotes early detection and the avoidance of PCOS consequences. Among the most dangerous effects of PCOS is infertility (Zehravi et al., 2022).

When the woman complains from two of the three primary characteristics - hyperandrogenism, polycystic ovaries, and anovulation - a diagnosis is typically made (Jiang et al., 2022).

Chronic ovulation is the primary cause of infertility, with most affected women complaining of trouble becoming pregnant. The rate of infertility may rise after a long time without therapy. Additional consequences associated with Polycystic Ovary Syndrome (PCOS) include elevated risk factors for cardiovascular disease, Obstructive Sleep Apnea (OSA), psychiatric disorders or depression, endometrial hyperplasia, endometrial cancer, and diabetes mellitus (Kandel et al., 2019).

If adult women with PCOS are diagnosed early and receive lifestyle modifications such as good nutrition, exercise, weight loss, and smoking cessation, complications can be avoided. Counselling and education are essential for women with PCOS, nurses play a major role in providing it, as she positively impacts women with PCOS and helps them manage

the negative self-perception associated with the disease. On the other hand, women who are aware of the risks and modify their lifestyles will be encouraged by sufficient knowledge on PCOS. A nursing student needs to know this information in order to educate patients at a high level (Çoban et al., 2019).

A nurse's everyday responsibilities are an important role in health care. Nursing education should include significant parts of nursing practice. Thus, raising nursing students' knowledge of PCOS will encourage adolescents to modify their lives and lower their risk (Thabet et al., 2021).

Educating teenagers about PCOS may enable them to learn about the condition, recognise symptoms early, and take preventative measures. The initial step to controlling PCOS and improving women's quality of life is awareness and accurate diagnosis (Ismayilova et al., 2022).

Significance of the Study

PCOS is a problem with teenage and young women during the reproductive age. Teenagers with PCOS may be difficult to diagnose because they frequently have acne and irregular or absent menstruation. If PCOS is not properly treated, it can cause health issues and have an impact on reproductive health.

The World Health Organisation (WHO) estimated approximately 116 million women globally (3.4%) suffer with PCOS (Bulsara et al., 2021).

According to (Khalifa et al., 2021). The prevalence of PCOS in Egypt to be 13% infertile patients and 37.5% in secondary infertile patients. Thus, the researcher was motivated to assess Assiut nursing secondary school students' awareness of PCOS.

Aim of this study

This study aimed to -:

Assess knowledge and practices regarding polycystic ovary syndrome at Assiut Secondary school students.

Research question:

To fulfill the aim of the present study, the following questions are formulated.

- What are the level of knowledge and Practices regarding polycystic ovary syndrome at Assiut nursing secondary students ?

Subjects and Methods:

Subjects and methods of this study divided into four designs technical, operational, administrative and statistical designs.

Technical design:

It involved research design, setting, sample and tools of data collection.

Research design:

This study was carried out using a descriptive research design .

Setting:

The study was conducted at Assiut Nursing Secondary School female at Al-Eman General Hospital, Assiut city. The school founded in the third floor of the hospital (clinics building), it was composed of six classes for three levels (first - second - third) two for each level .

- **Sample Type:** A convenience sample was recruited for this study.

- **Sample size:** A sample of all available nursing secondary school students (190 nursing female students) was included in the study. This was collected from all studying years from first to third year.

Exclusion criteria:

Students who refused to participate in the study.

Tool of data collection:

An adaptive questioner from Aqeel Nasim was used in this investigation (Ul Haq et al., 2019). This item undergone some adjustments to make it more suitable for Egyptian culture. There are three components to the questioner:

Part (1): Personal data it includes:

Age, residence, mothers' education and occupation, fathers' education and occupation.

Part (2): Knowledge regarding PCOS, this part assessed female nursing students' knowledge about PCOS. There were 7 questions; definition, symptoms, risk factors, complications, diagnostic techniques, practices and treatment and sources of knowledge.

Part (3): Practices regarding PCOS, this part included 10 items to assess female secondary nursing school students' practices to prevent PCOS.

Scoring system

Scoring system of the knowledge:

It included 27 items to assess female secondary nursing school students' knowledge regarding PCOS. Yes answered was scored by (2), while no and don't know given (1). The total score was 54. The score of each item summed up and then converted into a percent score. It categorized as follows:

- Poor knowledge <50% of total knowledge score (<27 score).
- Average knowledge 50-<70 of total knowledge score (27-<38 score).
- Good knowledge \geq 70% of total knowledge score (\geq 38).

Practice scoring system:

It included 10 items to assess female secondary nursing school students' practices to prevent PCOS. Done answered was scored by (2), while not done given (1). The total score was 20. The score of each item summed up and then converted into a percent score. It categorized as follows:

- Unsatisfactory practices <70% of total practices score (<14 score).

- Satisfactory practices $\geq 70\%$ of total practices score (≥ 14).

Tools Validity:

Tools of the study were reviewed by three panel experts from the Obstetrics & Gynecological Nursing department, Faculty of Nursing at Assiut University to test the face and content validity to make sure that the tools accurately measures what supposed to measure. Modifications of the tools were done according to the panel judgment on clarity of sentences, appropriateness of content and sequence of items.

Tools Reliability:

Reliability for tools was applied by the researcher for testing the internal consistency of the tools. Reliability was assessed using Cranach's alpha test. It was measured by using reliability item deprived from scale and analyzes that found in SPSS program. It was reported as 0.715 of knowledge and 0.727 of practices.

Administrative design:

Permission was obtained from the director of Secondary School female at Al-Eman General Hospital.

Operational design:

The design involved description of the preparatory phase, pilot study and field work.

Preparatory phase:

The researcher reviewed the related literature of the current study local, international, using text books, articles, and significant magazines, the tools were prepared based on this literature and standard scale, they were reviewed for validation by experts in obstetrics and gynecology.

Ethical considerations :

- An official permission was obtained from Secondary School female at Al-Eman General Hospital.
- As well as an ethical approval on the ethical committee of Faculty of Nursing at Assiut University.
- An informed oral consent was obtained from each student before inclusion in the study sample and after explanation of the study aim in simple and clear manner.
- Clear and simple clarification of the study nature and its expected outcomes was explained.
- Each participant was informed that she had the right to withdraw from the study at any time she wants.
- Nature of the study did not cause any harm or pain for the entire sample.
- Confidentiality and privacy were put into consideration regarding the collected data.

Pilot study

A pilot study carried out on 10% (19 students) of total the study sample to test the clarity of the study

tools. The sample of the pilot study were involved to the total sample (190 students). The necessary modifications were done based on the results from the pilot study.

Field work:

Data collection of the study took about 3 months started from the beginning of February 2023, and completed by the end of April 2023. It involved the following:

Procedures:

- An official permission was obtained from the person with the authority to conduct the study.
- The researcher admitted to the Secondary School female at Al-Eman General Hospital, and met the school's manager.
- The researcher explained nature and purpose of the study to the manager and showed to her an obtained official permission.
- Data were collected throughout the period from beginning from February till the ended of April 2023 covering 3 months.
- The researcher obtained information from students 2 days per week (Monday-Tuesday) from 12pm to 3pm at practical room during break time of the schedule until the sample size was obtained.
- The number of sessions were 10 and the number of students in each one were 19 students.
- Based on the classes' availability and studying and after schedule after excluding the days of exams and quizzes, the researcher interviewed with each class from all six classes, greeting the students, and identified them by herself, the nature and purpose of the study was explained to female students attended at that day, and then oral permission for voluntary participation was obtained. This took a time from 5-10 minutes.
- The researcher distributed the questionnaire (Arabic copy) to all student presented in the class.
- The researcher explained to all students in the class all items (Personal data, Definition, Symptoms, Risk factors, Diagnosis, Complications, Treatment and practices) involved in the questionnaire, and how to fill it. And repeated this with each class.
- The researcher asked every student to read the questionnaire and answer questions carefully, and could ask for any items in the questionnaire if not understood to them. Filling the questionnaire took a time from 15-20 minutes.
- The researcher collected all filled questionnaire from all students.
- The researcher thanked all students participated in the study.
- Give instructions & handouts for the students.

Statistical design

With the use of the Statistical Package for Social Sciences (SPSS) version 26, the gathered data was coded, categorised, tabulated, and examined. In order to determine whether two qualitative variables were

related, data were presented in tables and figures utilising numbers, percentages, means, standard deviations, and Pearson tests. P-values less than 0.05 were considered statistically significant.

Result

Table (1): Distribution of the studied nursing students according to their Sociodemographic characteristics (N=190)

Items	N	%
Age/ years		
- 15-16 years	76	40.0
- 17-18 years	114	60.0
Mean±SD	16.82±1.41	
Fathers' education level		
- Illiterate	7	3.7
- Read & write	17	8.9
- Basic education	18	9.5
- Secondary education	82	43.2
- University education	66	34.7
Fathers' occupation		
- Farmer	12	6.3
- Employee	109	57.3
- Not work	6	3.2
- Others	63	33.2
Mother's education		
- Illiterate	25	13.2
- Read & write	22	11.6
- Basic education	11	5.8
- Secondary education	84	44.2
- University education	48	25.2
Mothers' occupation		
- Housewife	144	75.8
- Employee	46	24.2
Residence		
- Urban	125	65.8%
- Rural	65	34.2%

Table (2): Distribution of the studied nursing students according to their knowledge regarding PCOS (N=190):

Items	N	%
Heard about male hormone as testosterone		
- Yes	17	8.9
- No	163	85.8
- Don't know	10	5.3
PCOS is a disease of ovary		
- Yes	10	5.3
- No	152	80.0
- Don't know	28	14.7
PCOS is hormonal imbalance		
- Yes	27	14.2
- No	97	51.1
- Don't know	66	34.7

Table (3): Distribution of the studied nursing students according to their knowledge about practices and treatment of PCOS (N=190):

Items	N	%
Polycystic ovary syndrome can be treated by decreasing body weight		
- Yes	21	11.1
- No	101	53.2
- Don't know	68	35.7
PCOS can be treated by exercise		
- Yes	34	17.9
- No	83	43.7
- Don't know	73	38.4
Exercise healthy diet, and weight loss can decrease the risk of having metabolic syndrome.		
- Yes	17	8.9
- No	109	57.4
- Don't know	64	33.7
PCOS need lifestyle modifications		
- Yes	26	13.7
- No	107	56.3
- Don't know	57	30.0
PCOS can be treated by laparoscopic ovarian drilling surgery.		
- Yes	27	14.2
- No	65	34.2
- Don't know	98	51.6
PCOS can be treated by using hormonal replacement therapy.		
- Yes	22	11.5
- No	67	35.3
- Don't know	101	53.2

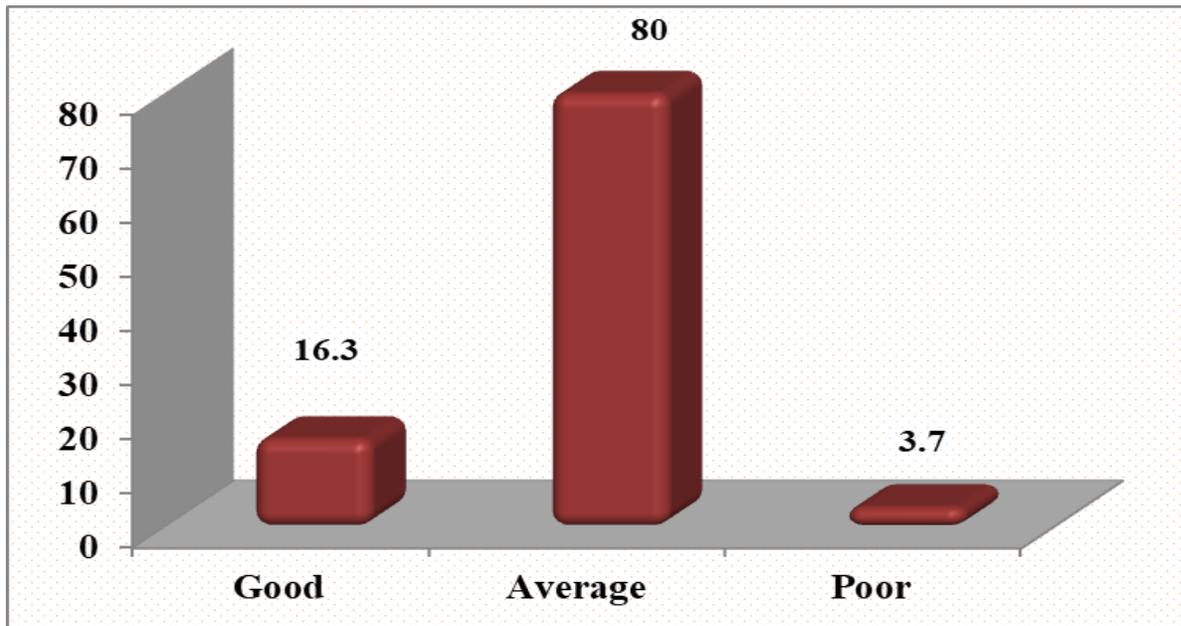


Figure (1): Distribution of the studied nursing students according to their total knowledge about PCOS (N=190):

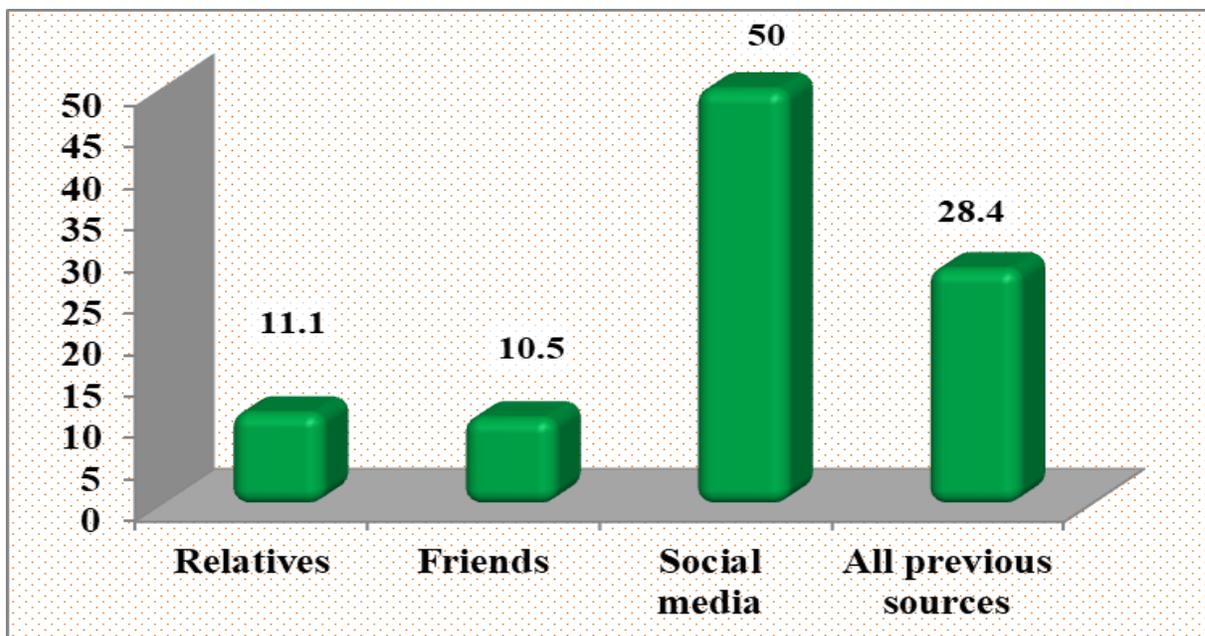


Figure (2): Distribution of the studied nursing students according to their source of knowledge about PCOS (N=190).

Table (4): Distribution of the studied nursing students according to their Mean and SD knowledge about PCOS (N=190):

Items	Mean±SD
Definition of PCOS	3.28± 0.54
Symptoms of PCOS	8.49±1.86
Risk factors of PCOS	5.99±1.47
Diagnosis of PCOS	2.33±0.65
Complication of PCOS	5.03±1.29
Practices and treatment of PCOS	6.77±1.51
Total knowledge	31.90±5.59

Table (5): Distribution of the studied students according to Preventive practices for PCOS (N=190)

Items	Done		Not done	
	N	%	N	%
Eat a healthy diet.	28	14.7	162	85.3
Seek dermatologist for acne	28	14.7	162	85.3
Seek a gynaecologist for menstrual irregularity	30	15.8	160	84.2
Incorporate low-fat foods into my diet.	29	15.3	161	84.7
Incorporate low salt foods into my diet.	34	17.9	156	82.1
Eat 5 servings of fruits and vegetables per day.	29	15.3	161	84.7
Decrease the amount of refined sugar in my diet.	39	20.5	151	79.5
Eat more high-fibre foods.	32	16.8	158	83.2
Eat smaller portions at dinner.	26	13.7	164	86.3
Exercise 30 minutes 5 days a week.	25	13.2	165	86.8

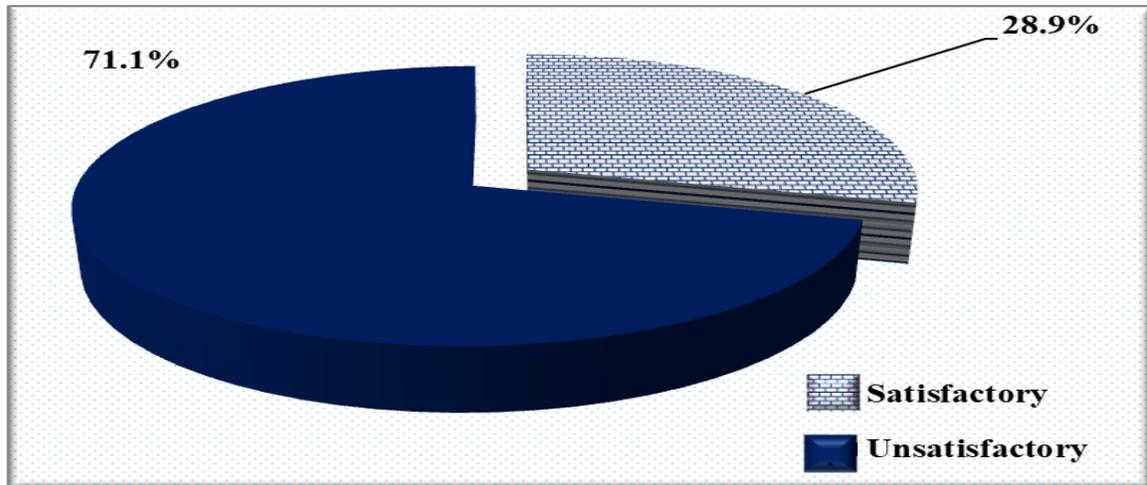


Figure (3): Distribution of the studied students according to total practices level to prevent PCOS (N=190)

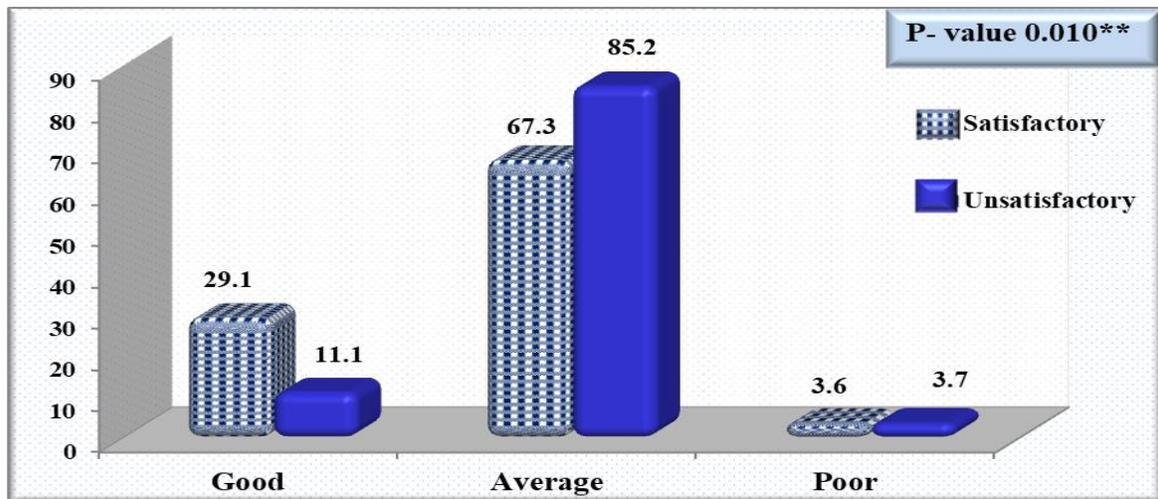
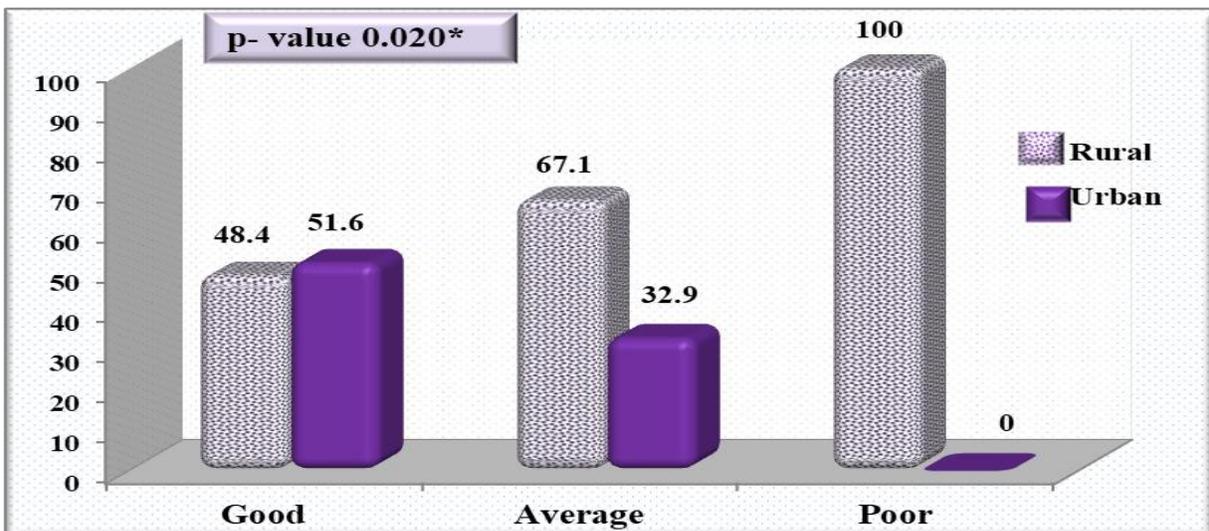


Figure (4): Relationship between the studied nursing students' total practices to prevent PCOS and total knowledge (N=190)



(*) Statistical significant difference (p-value < 0.05) (**) Highly Statistical significant difference (p-value < 0.01)
 Figure (5): Relationship between the studied nursing students' total knowledge and their age (N=190)

Table (1): Shows that (60.0%) three fifth of studied nursing students that ranged from 17-18 years with Mean \pm SD of the studied nursing students age (16.82 \pm 1.41). Regards educational level of their fathers more than two fifth (43.2%) of them had secondary level, nearly three fifth (57.3%) of them were empyoyee. Educational level of their mothers more than two fifth (44.2%) of them had secondary level, more than three quarters (75.8%) of them were housewife. Nearly two third (65.8%) of studied nursing students live in urban area.

Table (2): Clears up that the majority (85.8%) of the participants no heard about male hormone as testosterone and four fifth (80%) of them of the participants unknown that PCOS is a disease of ovary. Also half (51.1%) of them not aware that PCOS is hormonal imbalance.

Table (3): Reveals that knowledge about practices and treatment of PCOS (53.2% ,43.7%,57.4%,56.3%) of them were unaware of Polycystic ovary syndrome can be treated by decreasing body weight , PCOS can be treated by exercise , healthy diet and weight loss can decrease the risk of having metabolic. While (51.6%, 53.2%) of them said don't know questions related to PCOS can be treated by laparoscopic ovarian drilling surgery and PCOS can be treated by using hormonal replacement therapy.

Figure (1): Clears up that the studied nursing students (80%, 3.7%) had average, good knowledge and only (16.3%) poor Knowledge respectively.

Figure (2): Shows that (50%) half of the studied nursing students their source of knowledge about PCOS were social media, (10.5%) from their friends and all previous sources more than one response.

Table (4): Illustrates that the mean and SD of total knowledge were (31.90 and 5.59) .

Table (5): Illustrates that more than three quarters of studied students don't know preventive practices for PCOS.

Figure (3): Clarifies that (71.1%) more than two thirds of studied students were unsatisfactory preventive practices for PCOS.

Figure (4): Shows that (67.3%) more than two thirds had average satisfactory of the studied nursing students' total practices to prevent PCOS and total knowledge.

Figure (5): Reveals that there wasn't statistical significant difference between the studied nursing students ' total knowledge and their age (P-value 0.161).

Discussion

If PCOS is not properly treated, it can lead to health issues and have an impact on reproductive health. Educating teenagers about PCOS can help them

become more knowledgeable, recognise it early, and take preventive measures. The first step in treating PCOS is raising awareness and receiving an accurate diagnosis, which enhances women's quality of life (**Thabet et al., 2021**).

The aim of this study was to assess of knowledge and practices regarding polycystic ovary syndrome at Assuit Secondary school students through following objectives: Assess knowledge and practices of polycystic ovary syndrome.

Our analysis revealed that three fifth of the participants were between the ages of 17 and 18 with the mean age of studied (\pm 16.82) which is contrast with their findings of **Sasikala et al., (2021)**, who assessed the knowledge and awareness on polycystic ovarian syndrome among nursing students in a tertiary centre in South India, they found that the study group comprised individuals between the ages of 18 and 22 , in accordance with this, **Kutbi et al., (2021)** recruited participants in the age range of 19 to less than 21 years old for their study on the awareness of nursing students regarding polycystic ovarian syndrome at King Abdulaziz University. **Magraby et al., (2022)**, who carried out a study to Assessment of female nursing student's knowledge regarding polycystic ovarian syndrome at South Valley University , provided difference with this findings by revealing that the mean age of female students was 19.9 ± 1.33 years. Additionally, **Haseena (2019)** study on teenage girls' awareness of polycystic ovarian syndrome, which discovered that most teenage girls were 19 years old. The results of this study disagree with those of **Çoban et al., (2019)**, who evaluated the quality of life, self-esteem, and psychiatric illnesses in adolescents with polycystic ovarian syndrome at the University School of Medicine in Turkey. Who found teenage girls between the ages of 13 and 18.

Regarding residence, the results of the current study showed nearly two thirds of nursing female students were living in urban. These findings are consistent with those of **Shrivastava et al., (2019)**, who evaluated the effectiveness of self-instructional module on knowledge regarding polycystic ovarian syndrome among B. Sc. Nursing students of Selected nursing college in India. They discovered that three fifth of their sample was from an urban region. On the other hand, this study are in disagreement with **Memon et al., (2020)**, who evaluated polycystic ovary syndrome: risk factors and associated features among university students in Pakistan found that more than half of the sample were from rural areas. These findings conflict with **Salama et al., (2019)** discovered that nearly three quarters of their sample was from rural areas when they evaluated the effect of

a self-instructional module on adolescents' awareness of polycystic ovarian syndrome.

Regarding total knowledge about polycystic ovarian syndrome, four fifth of nursing students had average knowledge about PCOS. These results are in line with those of **Saliqua Sehar (2021)**, who assessed nursing students' knowledge of polycystic ovarian syndrome (PCOS) and **Priya & Shwetha (2019)**, who assessed "Knowledge regarding Polycystic Ovarian Syndrome among Young Female Adult" and found that about more than two thirds of studied sample had moderate knowledge regarding polycystic ovary syndrome, less than one third had inadequate knowledge. These results disagree with **Goh et al., (2022)**, who studied "Assessment of prevalence, knowledge of polycystic ovary syndrome and health-related practices among women in klang valley: A cross-sectional survey" and reported that more than three quarters of the studied women had poor knowledge about polycystic ovary syndrome. The results of the study conflict with those of **Pramodh (2020)**, who investigated lifestyle choices, knowledge of reproductive health, and awareness of polycystic ovarian syndrome (PCOS) among female students at Emirati University. He discovered that students had poor awareness of PCOS and low reproductive health knowledge. Additionally, **El Sayed & El Sayed (2019)** carried out a pre-post study titled "Screening for Polycystic Ovarian Syndrome and Effect of Health Education on its Awareness among Adolescents." The investigation found that there is inadequate information. These findings also differed with those of **Haseena et al., (2019)**, who evaluated the study's level of knowledge on polycystic ovarian syndrome among teenage girls and discovered that more than three quarters of them had insufficient information about polycystic ovarian syndrome. On the other hand, these results are in contradicts with **Gupta et al., (2018)**, who carried out a cross-sectional study on young women in Bhopal with polycystic ovarian syndrome and found that fewer than ten percent of students had moderate understanding of issue prior to the programme, while the majority of students had inadequate knowledge.

More than half of study participants were unaware of PCOS. **Sasikala et al. (2021)**, who evaluated nursing students' knowledge and awareness of polycystic ovarian syndrome in a tertiary centre in South India discovered that most students were aware of PCOs and their symptoms. This results agree with **Jena et al., (2020)**, who investigated awareness and opinion about polycystic ovarian syndrome (PCOS) among young women, only few were aware of an entity called PCOS.

In current study showed that participants didn't know about diabetes mellitus and cardiovascular disease as a long-term complication of PCOS, which needs

educational intervention. This findings in disagreement with **Sasikala et al. (2021)**, reported that half participants had knowledge about diabetes mellitus and cardiovascular disease as a long-term complication of PCOS.

In the present study revealed that studied students didn't know about risk factors of PCOS. In the same line a study by **Patel & Rai, (2018)**, who conducted study about Polycystic ovarian syndrome (PCOS) awareness among young women of central India, almost half of the people did not know about the role of lifestyle changes like diet, lack of physical activities, stress and obesity that are involved in the pathogenesis of the disorder .

The findings of our investigation found that studied students didn't know diagnostic methods of PCOS. These results contrast with those of **Shenoy & Brundha (2019)**, who investigated females in the 18–30 age range's awareness of polycystic ovarian disorder. They showed that three quarters of the female participants were knowledgeable about the diagnostic techniques, which were primarily hormone testing and ultrasound.

According to the current study, participant social media accounted for half of the information sources. The findings of this study unlike the results obtained from **Alfanob et al ., (2022)**, who assessed polycystic ovary syndrome among Sudanese women in Khartoum State Sudan reported that the main source of information was medical professionals (gynecologists). Polycystic ovarian syndrome (PCOS) awareness among female students at Qassim University, Qassim Region, Saudi Arabia was evaluated by **Al Bassam et al., (2018)**. They proved that family members (mother, sister, cousin, etc.) were the primary sources of knowledge, which is in contradiction to our findings, which include family as one of the primary sources .

Concerning mother and father education, Our survey revealed that more than two fifth of mothers and fathers of nursing students had completed secondary education, with nearly three fifth of the fathers of nursing students being employed. **Atiquilla et al. (2019)** discovered that nearly half of the mothers of the participants had only completed primary education. This is in contrast to their previous study, which focused on the effectiveness of structured education programmes in increasing female students' understanding of polycystic ovarian syndrome. The fathers of most of the participants had nearly three fifth an intermediate degree.

Concerning the relationship between female students' level of knowledge about polycystic ovarian syndrome and (education and occupation of their parents). There wasn't statistical significant correlation between level of knowledge and father's

occupation and education. There was statistical significant correlation between level of knowledge and mother's occupation and education. This could be because the mother's high level of education allowed her to guide the family as a whole towards accepting accurate information and raising the girls' level of understanding. **Mohamed (2022) & Hassan (2022)** conducted a study that contradicted the current study. The study found a highly statistically significant relationship ($P \leq 0.05$) between the level of knowledge of late nursing female students about polycystic ovarian syndrome and demographic characteristics (age, residence, mother's education, mother's job, and father's education and job). The results of the current study revealed that there wasn't statistically significant relationship between age of the students with level of knowledge which are congruent with **Shukla, & Verma, (2021)**, who assessed the effectiveness of structured teaching programme on knowledge regarding polycystic ovarian syndrome (PCOS) among nursing students of college of nursing showed that there was no significant association found between the post-test knowledge score and age .

Conclusion

Based on the findings of the current study, Four fifth of studied students had average knowledge on PCOS. More than two thirds of studied students were unsatisfactory preventive practices of PCOS. More than half of students unaware about PCOS.

Recommendations

Based on the findings of the present study, the following recommendations are suggested:

- Implementing a programme to raise Knowledge of young girls about polycystic ovarian syndrome and its practices to prevent PCOS.
- Use media channels to introduce adequate knowledge about PCOS.
- Updated comprehensive information about PCOS should be included in nursing curricula to raise student knowledge.
- More research involving a large number of teenagers is necessary in order to apply the study's findings

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