

Abstract Title: Understanding the Importance of the Awareness, Attitude and Acceptability of Dietary and Lifestyle Choices among Adolescents and Young Women diagnosed with PCOS

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Background: Globally, approximately 116 million women are affected by Polycystic Ovarian Syndrome (PCOS), representing about 3.4% of women of reproductive age, highlighting the widespread impact of this condition. While dietary and lifestyle modifications are considered to be the first-line treatment for effective management and reduced long-term health implications, many women face numerous challenges in adapting to or maintaining these changes.

Objective: This review will examine how awareness, attitudes, and acceptability of dietary and lifestyle interventions affect adolescents and young women with PCOS. It aims to identify sociocultural, psychological, economic, and environmental factors influencing adherence and receptivity that shape the effectiveness of interventions.

Methods: A comprehensive search will be conducted following PRISMA guidelines and relevant systematic reviews will be identified through databases such as PubMed, Scopus, and Google Scholar, focusing on publications in English from inception to the present. Specific inclusion and exclusion criteria will be used to emphasise qualitative studies exploring awareness, attitudes, and acceptability of lifestyle choices among adolescents and young women with PCOS. As a secondary theme, the receptivity, feasibility and appeal of the impact of lifestyle interventions will be explored.

Results: Preliminary findings included eleven studies, revealing critical challenges in PCOS management, with 78.4% of participants being uninformed of PCOS and 63% citing a lack of information as a major barrier to awareness. Psychological and socioeconomic factors contribute to difficulty in adhering to therapies, impacting treatment access and acceptance. The global prevalence of PCOS among adolescents at, 9.8%, further underscores the need for addressing these gaps.

Conclusion: Adopting sustainable management approaches by focusing on specific educational programs and customized tactics could greatly enhance adherence, empower women, and improve the long-term management of PCOS.