

Exploring the Emotional Impact of Polycystic Ovary Syndrome Among Nursing Students

Angela Ann M. Cancino

Roshelle B. Echiverri

Athena Margaux A. Riotita

Malaya Anne G. Vinluan

Maricel S. Nasog, RN, MAN, EdD

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Introduction

PCOS is a common hormonal disorder among women of reproductive age, causing physical and emotional challenges like anxiety and depression. This study explores these emotional impacts on nursing students with PCOS to highlight the need for holistic management. The findings aim to raise awareness, promote mental health support, and encourage healthcare practices that address both physical and emotional needs.

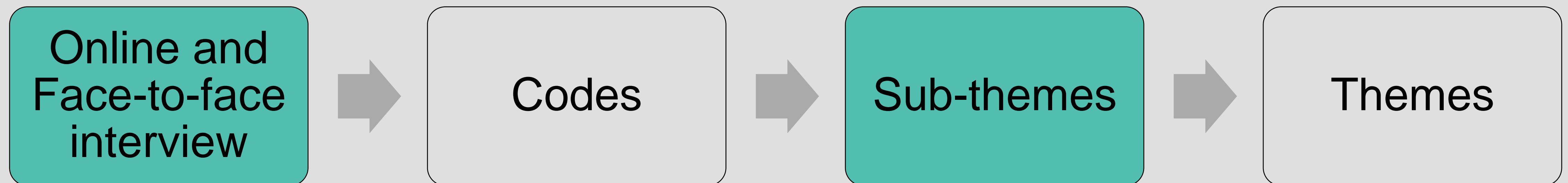


Objective

To understand the emotional experiences and coping strategies of nursing students diagnosed with PCOS.

Methodology

The study employed a qualitative approach to explore the personal experiences of nursing students diagnosed with PCOS. Data was gathered through interviews with 13 participants, allowing for an in-depth understanding of their emotional challenges and coping strategies.



Findings

The following themes and sub-themes were derived from the conducted interview and excerpts drawn from it.

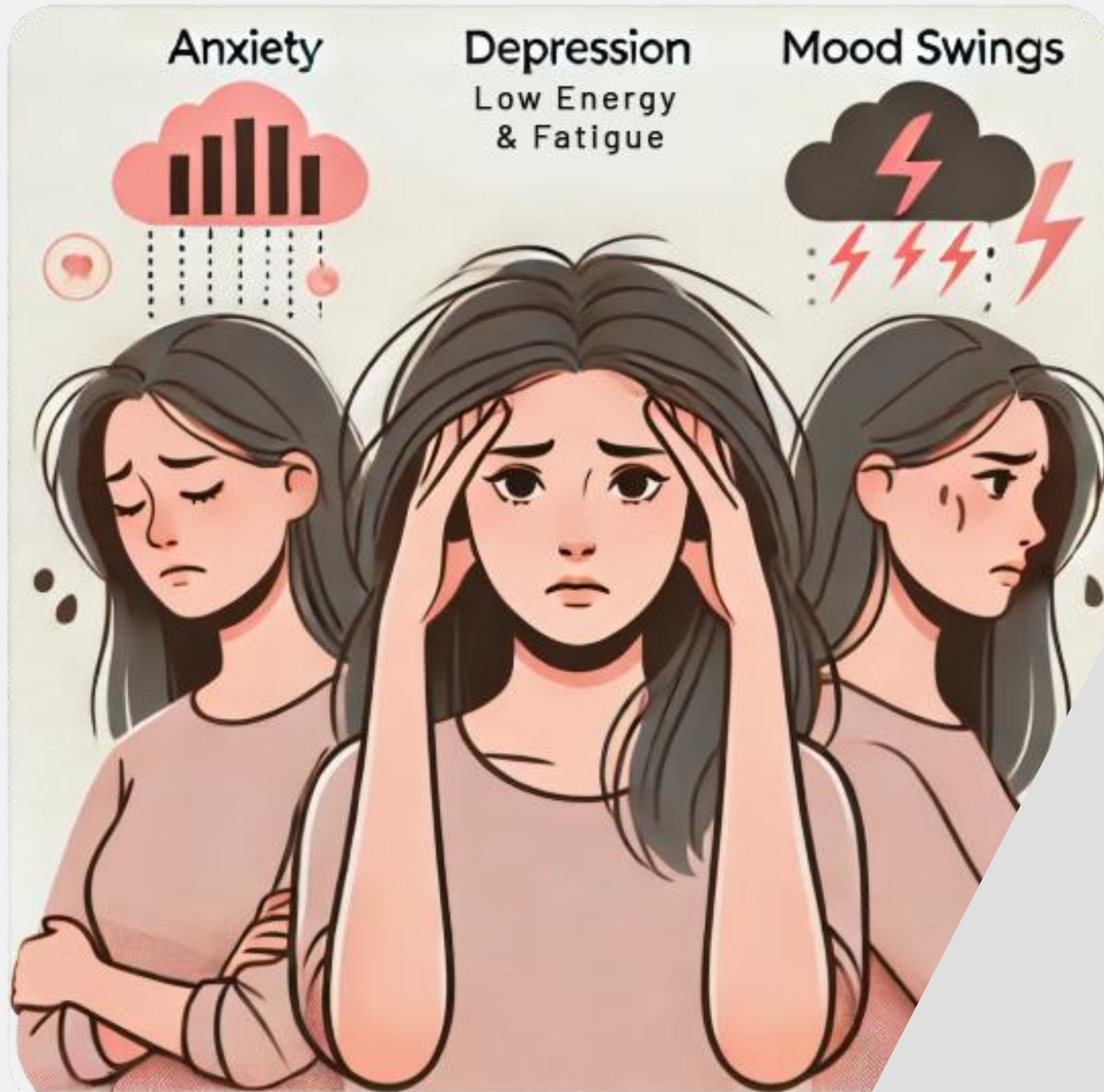
Main Theme 1: Emotional Challenges

Sub-theme 1.1 Anxiety

Participant 6: *“Lately para akong ‘yun nagkakaroon ako ng anxiety ganoon.”* (“Lately, I feel like I’m experiencing anxiety.”)

Sub-theme 1.2 Depression

Participant 5: *“Talagang nadi-depress na ako tas naapektuhan niya na sympre ‘pag hindi ka kakain ng mga carbs ganoon ‘di ba tas protein, parang wala kang energy.”* (“I’m really getting depressed, and it’s affecting me. Of course, if you don’t eat carbs and protein, you feel like you have no energy.”)



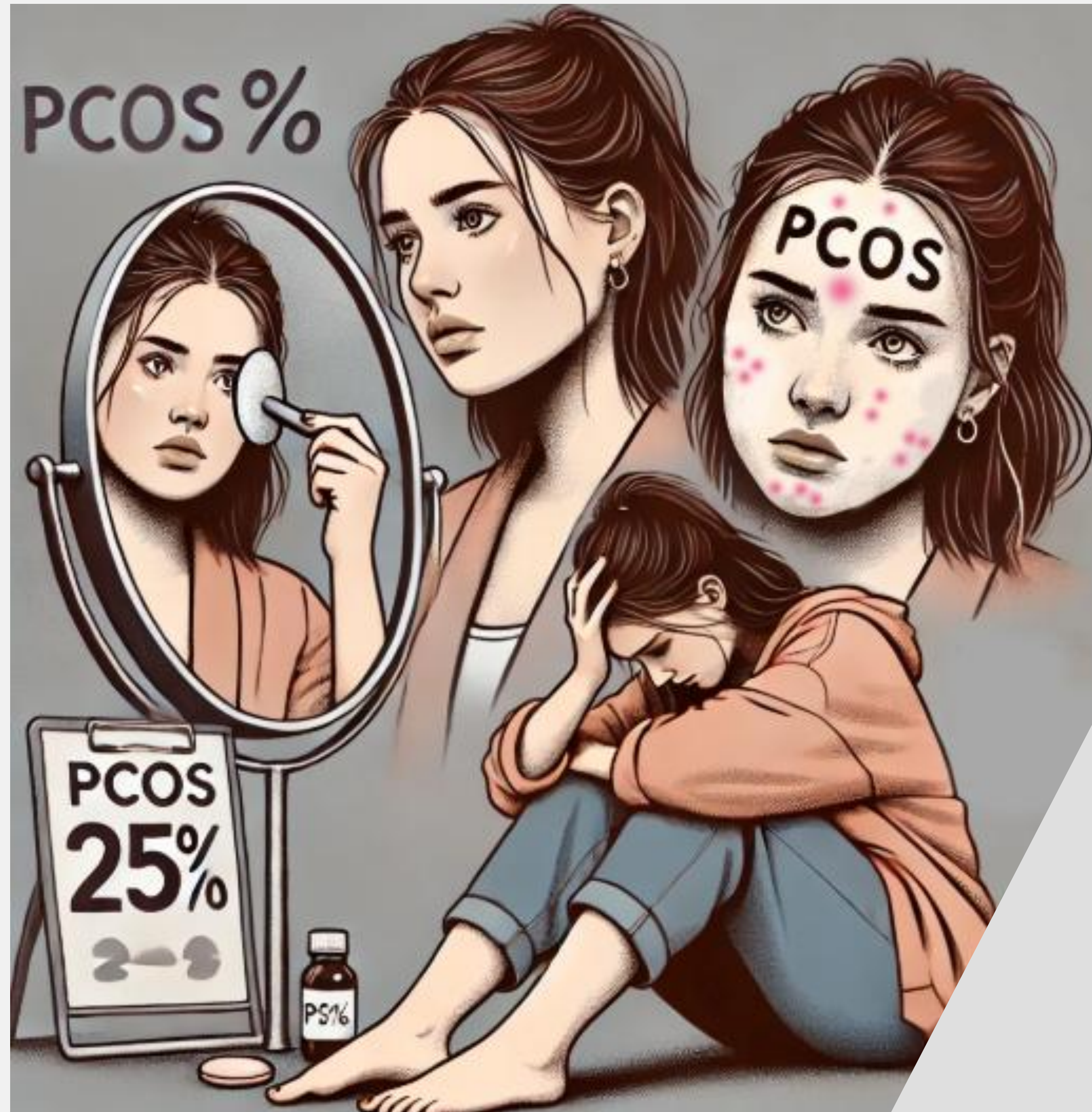


Findings

The following themes and sub-themes were derived from the conducted interview and excerpts drawn from it.

Sub-theme 1.3 Mood swings

Participant 2: *“Dahil din sa pills or sa prescribed medication, mas lumalala ‘yung mood swings and sympre very unstable ‘yung emotions, medyo mabagal ‘yung emotional capacity sympre hindi mo controlled ‘yung hormones mo.”* (“Because of the pills or prescribed medication, my mood swings worsened. My emotions became very unstable, and my ability to regulate them slowed down since I can’t control my hormones.”)



Findings

The following themes and sub-themes were derived from the conducted interview and excerpts drawn from it.

Sub-theme 1.4 Self-esteem issues

Participant 10: *"Oo, 'yung sympre hindi pa naman sa bigla-biglaan acnes na meron na ako 'yun 'yung time pinakanaapektuhan 'yung emotion ko. Kasi parang nahihiya na ako lumabas sa sobrang dami ng pimples ko sa mukha. Sa mukha pa talaga. Parang umaabot ako sa time na ayaw kong tumingin sa salamin, parang ayaw kong nakikita ako sa mga picture, ganun."* ("Yes, it's not like my acne appeared all at once, but that was when my emotions were most affected. I started feeling ashamed to go outside because of the severe breakouts on my face. On my face, of all places. There were times when I didn't even want to look in the mirror or see myself in pictures.")

Sub-theme 1.5 Stress

Participant 4: *"Yun nga po nag-link din po sa akin na medyo na-stress po ako sa nangyari or sa diagnose sa akin."* ("That's why I also felt stressed about what happened or about my diagnosis.")

Findings

The following themes and sub-themes were derived from the conducted interview and excerpts drawn from it.

Main Theme 2: Emotion-Focused Coping

Sub-theme 2.1 Relaxing and Recreational Activities

Participant 2: *"Paglabas-labas, friends, and also dati work out kasi nakaka-help din sya sa mood regulation or paggaan din ng katawan pero mostly, ano, going out."* ("Going out, spending time with friends, and also, I used to work out because it helps with mood regulation and makes my body feel lighter. But mostly, it's going out.")

Sub-theme 2.2 Support System

Participant 4: *" 'Yung family ko po, yes naman po. Lalo 'yun nga po, support po nila ako na tinutulungan po nila ako na mag-research po, magpa-check up, or mga pwedeng gawin about PCOS."* ("Yes, my family supports me. They help me research, get check-ups, and explore possible ways to manage PCOS.")





Findings

The following themes and sub-themes were derived from the conducted interview and excerpts drawn from it.

Main Theme 3: Problem-Focused Coping

Sub-theme 3.1 Dietary Changes

Participant 3: *"Parang naging health conscious na ako kasi kahit anong exercise or cal def ka ganoon wala pa rin siyang effects sa weight mo."* ("I've become more health-conscious because no matter how much I exercise or do calorie deficit, it still has no effect on my weight.")

Sub-theme 3.2 Cosmetic Care

Participant 5: *"Pandemic ata 'yun ta, as in desperada na ako na pumayat tas maalis 'yung pimples ko, kaya nagpa-consult na ako sa derma."* ("I think it was during the pandemic when I became so desperate to lose weight and get rid of my pimples that I decided to consult a dermatologist.")

Conclusion

The study highlights that PCOS has significant emotional effects on nursing students, including anxiety, depression, and self-esteem issues. Despite these challenges, many use effective coping strategies, emphasizing the need for greater awareness and support systems to improve their well-being.



Recommendations

- ✔ Raise awareness and provide mental health support to reduce stigma and improve the well-being of those with PCOS.
- ✔ Encourage healthcare professionals to offer empathetic and tailored care for women with PCOS.
- ✔ Promote self-care techniques, including diet, exercise, and stress management, for effective symptom management.



Contact



MARICEL S. NASOG, RN MAN, EdD
Lyceum-Northwestern University
Tapuac District, Dagupan City, 2400 Philippines



nasog.maricel.s@lyceum.edu.ph

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