THE EFFECT OF THERAPY WITH EE/CYPROTERONE ACETATE IN DEPRESSIVE SYMPTOMS AND OVERALL QUALITY OF LIFE IN ADOLESCENTS WITH PCOS: HORMONAL AND ULTRASONOGRAPHIC CORRELATIONS


Objective: To assess quality of life and degree of depression in adolescents with PCOS, before and after treatment with Ethinylestradiol/Cyproterone Acetate, and examine correlations with hormonal and ultrasonographic measurements.

Methods: 23 untreated PCOS patients and 38 PCOS patients receiving treatment with EE/CA were included. Quality of life was measured using the PCOSQ questionnaire and depression symptoms were assessed with the CES-D questionnaire.

Results: Overall PCOSQ score was higher (p=0.002) in the treatment group, indicating better quality of life. Differences were found in subgroups of questions assessing complaints regarding hirsutism and menstrual disorders (p<0.001). CES-D irritability scores were significantly (p=0.02) lower in the treatment group. There were also differences in overall and somatic complaints-specific questions score of CES-D between treated and untreated patients (one-tailed p=0.047 and p=0.037, respectively). Using CES-D score>16 as cut-off point (indicates mild or severe depression), patients were split in 2 groups. There were more patients with CES-D score >16 in the untreated than in the treated group (p=0.03). Moreover, score differences in both questionnaires before and after treatment remained significant only for the group without depression.

Correlation analysis in all patients showed significant correlation between PCOSQ scores with Free Androgen Index (p=0.028), while after elimination of patients with mild and severe depression, a significant correlation was found between ovarian volume and CES-D score (p=0.01).

Conclusions: Our results indicate that quality of life and severity of depressive symptoms in otherwise healthy adolescents are affected by PCOS and seem to be correlated with the severity of the syndrome as assessed by hormonal and ultrasonographic measurements. Moreover, treatment with EE/CA can be beneficial in their improvement.