

## impact of endometriosis on physical, mental and social wellbeing – a qualitative study

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**Objectives:** The aim of the study, is to explore some of the psychological reactions, such as depression, associated to endometriosis. We hypothesise that women with endometriosis will show high levels of stress due to their infertility problems. We also expect that a lower quality of life and higher infertility stress will correlate with a higher frequency of depressive symptoms.

**Patients and methods:** We conducted a cross-sectional study that included 205 women, aged between 18-45 years old, hospitalized in the “Cuza-Voda” Clinical Hospital of Iasi, between the years 2013-2015. As quantification tools, we used the Fertility Problem Inventory, the Endometriosis Health Profile and the Beck Depression Inventory.

**Results:** We realized a descriptive analysis over the patients’ health-related quality of life - 60% of women reported higher infertility distress associated with relationship issues caused by difficulties to conceive. The descriptive analysis over the quality of life in patients with endometriosis suggested that the main factors related with a high level of stress, are: the loss over the control of the symptoms, dyspareunia and altered emotional status. In matters of the sexual aspect of life, almost a quarter of the women complained about an altered sexual status, due to both fear of failing in conceiving and dyspareunia caused by the endometriosis. The descriptive analysis over the infertility related stress suggests that the main factors associated with a high level of stress are: sadness, pessimism, feeling of failure, irritability, lack of confidence, self-hatred and fatigue.

**Conclusions:** Patients with endometriosis are dealing daily with a large spectrum of symptoms, including pain, dyspareunia, emotional instability and high levels of stress, which have a negative impact upon the quality of life, by lowering it on different levels. Also, within the present study we showed a significant presence of high infertility stress in patients of all ages that lead to depression and social anxiety.

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