



Awareness of Endometriosis symptoms among females in Saudi Arabia: A cross-sectional study

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INTRODUCTION/BACKGROUND

Endometriosis affects up to 10% of reproductive-age women, characterized by endometrial tissue growing outside the uterus. Although the etiology of the condition remains indeterminate, its pathogenesis has been explained by many theories. Endometriosis is typically associated with chronic pelvic pain described as secondary dysmenorrhea, deep dyspareunia, masses and nodularity of the uterosacral ligament, and infertility. Other symptoms may be found depending on the organ involved. Despite its significant impact, it is often underdiagnosed and lacks a cure.

OBJECTIVES/AIMS

This study aims to assess awareness of endometriosis symptoms among women in Saudi Arabia and explore how sociodemographic factors influence this awareness.

METHODS

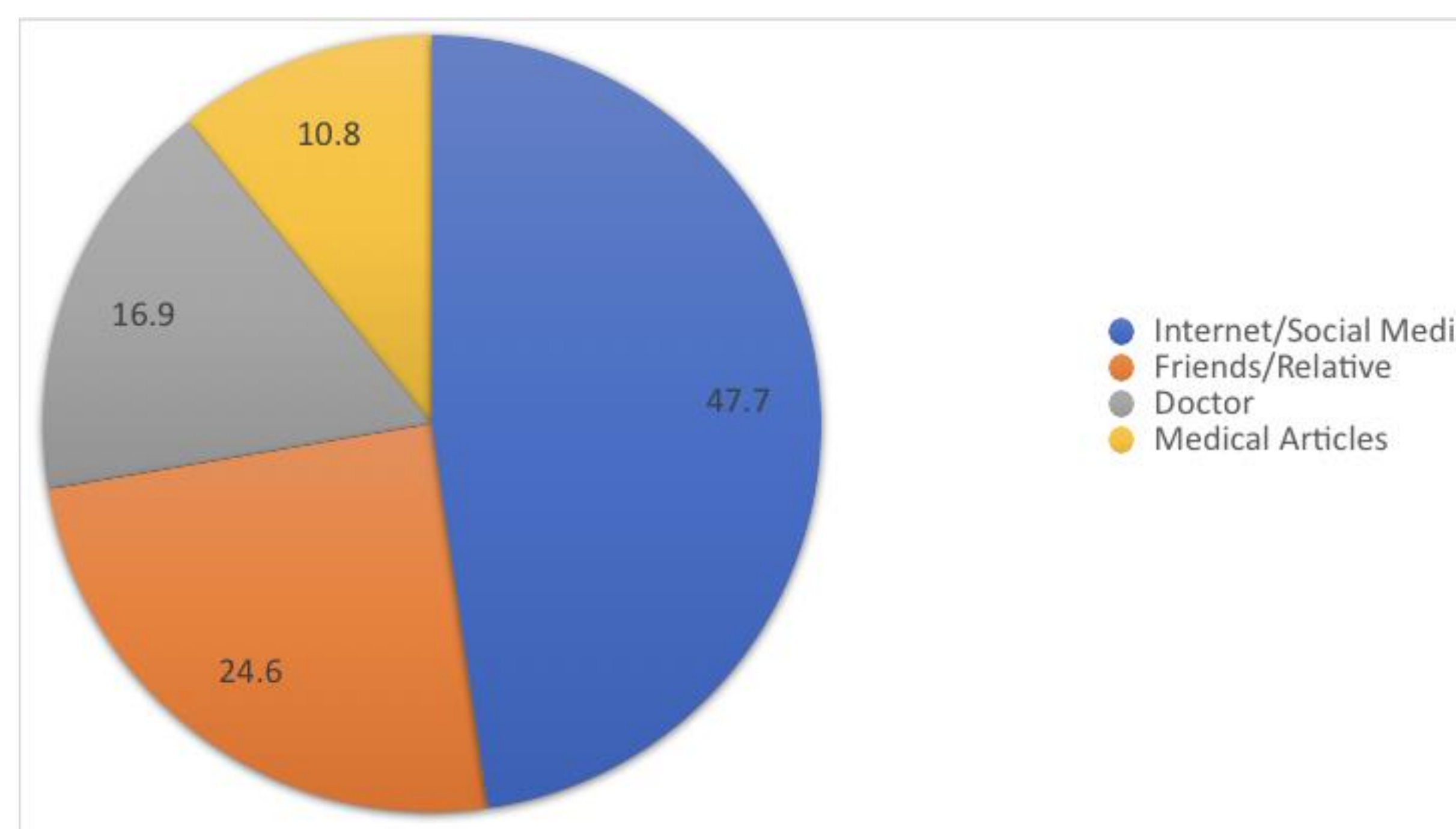
It is a cross-sectional study. The study was conducted from January and June 2024. The required sample size for this study was 1083 participants. Data was obtained through an online questionnaire directed to women living in all cities of Saudi Arabia with age of 18-49 years who agreed to participate. The questionnaire was distributed using Google Forms via social media apps. Data is cleaned in Excel and analyzed in IBM SPSS 29.0.

CONCLUSIONS

Our study indicates that while awareness about endometriosis is relatively high among certain groups, significant gaps remain, particularly regarding specific symptoms and treatment options and factors like marital status and education did not significantly impact awareness. Our study highlights that younger age, medical profession specialization, and personal diagnosis are key predictors of high endometriosis awareness. The role of digital media in information dissemination is evident, yet the substantial impact of medical professionals on increasing awareness underscores the need for enhanced educational strategies within healthcare settings. Future research should focus on targeted educational interventions and improving access to specialized care to bridge these gaps and increase overall awareness and management of endometriosis.

RESULTS

Our study included 1083 participants, predominantly aged 15-24 years (n=617, 57.0%). Regional distribution showed most were from the West (n=552, 51.0%), and 63.2% (n=684) were single. Educationally, 61.8% (n=669) had a Bachelor's degree. About 47.7% obtained information about endometriosis from the Internet or social media. Knowledge-wise, 42.0% (n=455) recognized infertility as a complication, while 58.0% (n=628) identified dysmenorrhea and 43.1% (n=467) recognized dyspareunia. Awareness of endometriosis was reported by 65.1% (n=705), with 4.5% (n=49) diagnosed. Symptoms like diarrhea/constipation (n=36, 73.5%) and dyspareunia (n=27, 55.1%) were prevalent. Multivariate analysis revealed significant predictors of high awareness included younger age, medical profession specialization, prior awareness of endometriosis, and personal diagnosis ($p < 0.05$). Marital status, education level, and regional differences did not significantly affect awareness scores.



Source of Information about Endometriosis

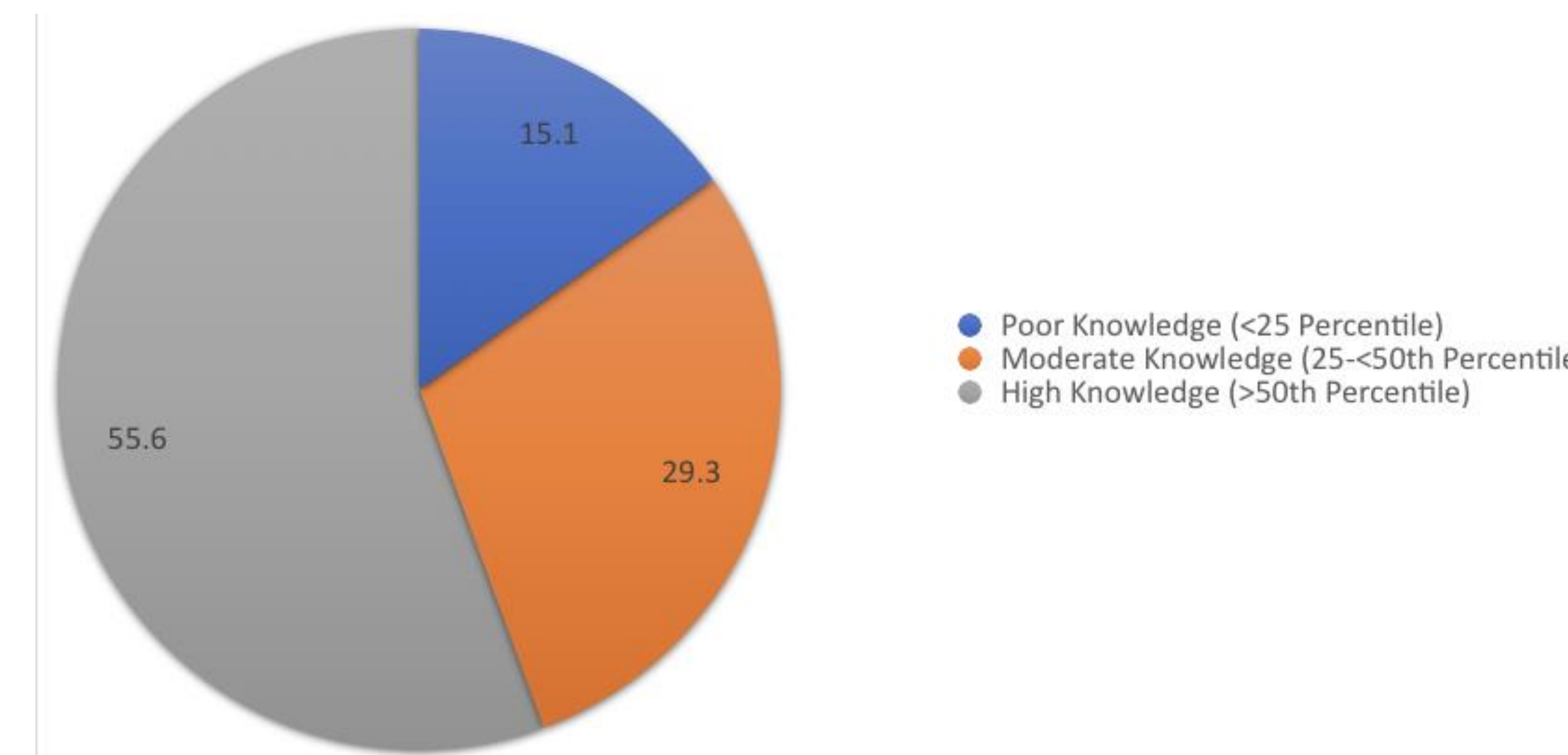


Figure 2: - Knowledge Level about Endometriosis

REFERENCES

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