

ABSTRACT

TITLE OF THE ABSTRACT: A cross-sectional study to investigate the prevalence of obesity in adolescent girls attending gynaecology out-patient clinic in a tertiary level hospital.

DEPARTMENT: Obstetrics and Gynaecology

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OBJECTIVES:

To determine the prevalence of obesity in adolescent girls attending gynaecology out-patient clinic. To assess the menstrual pattern in obese adolescent girls and to determine the proportion of obese girls with irregular cycles who have PCOD. To assess the risk factors associated with obesity.

METHOD:

Sample size was calculated to be 162. The inclusion criteria was adolescent girls (aged 12-19 years) attending the gynaecology out-patient clinic of Christian Medical College, Vellore from January 5, 2017 to June 7, 2017 and consenting to be a part of

the study. The exclusion criteria was adolescent girls who were medical, nursing or allied health students of CMC and girls not consenting for the study.

Methodology – Patient was recruited after taking informed consent of patient and guardian. A questionnaire was filled based on one on one interview. Following this a physical examination was carried out. All adolescents with history of menstrual irregularities suggestive of oligo-ovulation/ anovulation were advised to undergo ultrasonography to evaluate for the presence of polycystic ovaries.

Data analysis was done using SPSS 16.0. Mean and standard deviation was used to describe continuous variables while frequency and percentages obtained for categorical data. The chi square and the student t test was employed to study the statistical significance of categorical and continuous variables respectively.

RESULT:

501 girls were recruited for the study. The prevalence of obesity and overweight was 14% and 18% respectively. 70 girls were found to be obese and 70% of them had irregular cycles. 45% of the obese girls with irregular cycles had PCOM. Statistically significant correlation was found between obesity and the following:- weight at birth, fathers BMI, mothers BMI, obesity in sibling, physical activity, regular exercise and acanthosis nigricans.

KEY WORDS:

Adolescent girls, obesity, BMI, PCOM