

عنوان مقاله:

Sleep Quality in Women with Endometriosis

محل انتشار:

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نویسندگان:

Fatemeh Davari Tanha - *Department of Endocrinology and Reproductive Medicine, Women's hospital, Tehran University of Medical Sciences, Tehran, Iran*

Fariba Askari - *Department of Midwifery, Gonabad University of Medical sciences, Gonabad, Iran*

Mina Akrami - *Women's hospital, Tehran University of Medical Sciences, Tehran, Iran*

Mona Mohseni - *Women's hospital, Tehran University of Medical Sciences, Tehran, Iran*

خلاصه مقاله:

Background: Endometriosis is a gynecological disorder characterized as the implantation of endometrial tissue outside the uterine cavity. Psychological symptoms such as anxiety, bipolar disorder, depressive symptom and impaired quality of life are common in these women. Sleep quality had not been considered in these women as it should be. The goal of this study was to evaluate sleep quality in women with endometriosis. **Methods:** In this cross-sectional study 61 married women with laparoscopically diagnosed endometriosis asked to fill valid and reliable Pittsburgh Sleep Quality Index (PSQI). **Results:** Mean age and mean education level were 31.4 ± 6.7 years and 11.7 ± 3.1 years, respectively. Dysmenorrhea followed by dyspareunia was the most common symptoms (68.8% and 40.3%). Mean PSQI score was 6.1 ± 3.4 , twenty eight (45.9%) had PSQI score equal or less than 5 and 33 (54.1%) had PSQI score more than 5 (poor sleep). Mean PSQI was significantly different between cases with and without dysmenorrhea and dyspareunia. **Conclusion:** Sleep quality should be considered in women with endometriosis. **Citation:** Davari Tanha F, Askari F, Akrami M, Mohseni M, Ghajarzadeh M. Sleep Quality in Women with Endometriosis. Acad J Surg, 2014; 1(2): 57-59

کلمات کلیدی:

Sleep, Quality of Life, Women, Endometriosis

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