

## **Abstract**

**Objectives** To determine the dietary intakes, body composition and quality of life in women living with polycystic ovarian syndrome in Trinidad.

**Design** A case-control study was conducted. Healthy women or women free from a reproductive disorder were excluded from this study. Participant's diagnosis was confirmed via a medical report review.

**Subjects/settings** Fifty women present with polycystic ovarian syndrome were matched to fifty controls who presented with other reproductive disorders for age and ethnicity. All participants were patients in Mt. Hope Women's Hospital and gave verbal consent to participate. A sample of convenience was acquired. Participants were given interviewer-administered questionnaires which included a 24 hr. recall. Body weight was measured using a bioelectrical impedance analysis scale. Waist circumference was measured using an inch tape.

**Statistical analyses performed** Chi Squared analysis was used for all categorical data. The results are given mean  $\pm$  standard deviation and  $p < 0.05$  was accepted as statistically significant. 24 hour recalls were analysed using Diet Analysis Plus version 7.0.

**Results** Dietary intakes were comparable between groups although statistical significance for change in consumption patterns was seen in fruits, vegetables and dairy products among the PCOS group. Body weight, waist circumference, body mass index (BMI) and waist-height ratio (WHR) were higher in PCOS patients. PCOS participants reportedly had lower quality of life and health status than women experiencing alternative reproductive problems.

**Conclusion** More comprehensive research is needed on a larger scale to establish and understand the physical, psychological and emotional factors associated with PCOS and its link with diet and dietary behaviours and quality of life.