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A Question Prompt List for Polycystic Ovary Syndrome

Background: Studies have shown that many women with polycystic ovary syndrome (PCOS) want more information. A Question Prompt List (QPL) is a list of questions about a condition that patients can ask their doctors during appointments. A QPL for PCOS may help women talk to their doctors and learn more about how to live well with PCOS.

Aims: We aimed to find out whether women wanted or needed a QPL for PCOS. Then we created a QPL and wanted to know if women understood it and thought it was acceptable. Finally, we investigated if women and their doctors found the QPL helpful and feasible to use during medical appointments.

Methods:

1. **SURVEY:** A total of 249 women with PCOS across Australia responded to a survey about the need for a QPL and the topics it should include. We created a QPL using answers from the survey, the Australian PCOS guideline, fact sheets and feedback from PCOS experts.
2. **INTERVIEWS:** We asked eighteen women with PCOS what they thought about the draft QPL. The typed interviews were searched for common themes. We used feedback from women to improve the QPL.
3. **CLINICS:** Women with PCOS were asked to use the QPL during their appointment with their doctor. After the appointment, both women and doctors completed surveys about how they used the QPL. Twenty women and two doctors participated.

Results:

1. **SURVEY:** Most women said it is difficult to talk to health professionals about mood, weight and how PCOS affects daily life. All aspects of PCOS were considered important to include in a QPL. Most women said they would use a QPL for PCOS.
2. **INTERVIEWS:** Women thought that the QPL included a good range of questions and was easy to understand. Most women had positive feelings when reading the QPL and felt that it would help them to ask more targeted questions. Women planned to use the QPL with different types of health professionals. They felt the QPL could be useful for women of all ages and should be given to women when they are diagnosed. Some women said that the QPL encouraged them to learn more about PCOS. Based on women's feedback, we added some extra questions, changed some words and revised the structure.
3. **CLINICS:** All women used the QPL during their appointment and mostly asked 1-2 questions from the QPL. Most women agreed that the QPL was helpful, that they did not feel anxious after using it and that they would use it again. Both doctors agreed that the QPL was practical to use and helped their patients to ask questions.

Conclusion: Women find it difficult to discuss many aspects of PCOS with health professionals and strongly support the idea of a QPL for PCOS. With the help of women and PCOS experts, we developed a 22 page QPL with 169 questions. The PCOS QPL is acceptable and may help women to learn more about PCOS. Our findings suggest the QPL is useful and practical to use during appointments.

The QPL is available to [download](#) from the Monash Centre for Health Research and Implementation website and included in the [AskPCOS app](#).