



Are you a woman of Indian ethnic ancestry and have been diagnosed with PCOS?

PCOS is a rapidly growing health concern among ethnic Indian women. However, little is known about the experiences of ethnic Indian women with PCOS worldwide.

Australian researchers at NICM Health Research Institute (Western Sydney University), Monash University and La Trobe University are seeking participants to take part in an anonymous online global survey.

This survey aims to understand the experiences of PCOS, diagnosis and treatment including the use of your traditional medicines, Ayurveda, and yoga.

Findings from this survey will help to understand the health needs of ethnic Indian women with PCOS and to inform the provision of culturally appropriate care, particularly for lifestyle treatments.



This study has been approved by the Western Sydney University Human Research Ethics Committee (Approval Number H14103).



Who can join?

- Women of Indian ethnic ancestry aged 18 to 55 years.
- Have been diagnosed with PCOS by a medical doctor.
- Are able to read and understand English.
- Have access to the internet.

What's involved?

You will be asked to complete a 10-30 minute, anonymous online survey.

- The survey questions will ask about your PCOS diagnosis, treatment, diet and physical activity, and your experience with and preferences regarding the use of Ayurvedic medicines and yoga to manage symptoms of PCOS.

**For more information, please contact
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