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**Year in Course:** 3rd (Senior)

**Topic:** Polycystic Ovarian Syndrome (PCOS), anxiety, self-esteem, app development

**Mentor:** Jen Plouffe, Head of Medical Outreach of PCOSAA, Kevin Tarczali, OWL Cyber Defense

**Title:** The Impact of TealTracker, a Polycystic Ovarian Syndrome Mobile Application, on the Wellbeing of Women with PCOS.

**Abstract:**

Polycystic Ovarian Syndrome (PCOS) is the leading endocrine disorder worldwide, affecting 1 in 10 women in total. To be diagnosed with PCOS, women must have two of three main symptoms, which include irregular menstruation patterns, cysts in the ovaries, and unbalanced hormone levels (increase in androgens). Other symptoms include facial hair growth, weight gain, and acne. There are many different medical risks associated with PCOS, for example, type 2 diabetes, uterine cancer, insulin resistance, obesity, cardiovascular disease, and others. Along with physiological risks, women with PCOS are likely to develop a mental disorder such as anxiety, depression, body dysmorphia, and insomnia. This research aims to investigate the effect of the development of TealTracker on the wellbeing of women with PCOS Surveys were administered through Google Forms investigating the efficiency and convenience of the app on a woman's daily life and what the intended consumers', women with PCOS, ideal features in an app for PCOS. It was found through the administered survey that women with PCOS want to be able to track and manage the different aspects of their medical life, such as their menstrual cycle, their symptoms, their medications, along with others, to have accessible, evidence-based information, and the ability to be a part of a community through chats or a social media within the app. Future research should include a post-survey of users, exploring a larger sample of women with Polycystic Ovarian Syndrome, and updates within the app, which could include function or layout features.