

## **Abstract**

The current study was conducted to explore experiences of self-disclosure and self-management patterns of unmarried women with polycystic ovary syndrome. Sample was recruited by using a purposive sampling approach, including women with a medical diagnosis of PCOS. Sample consisted of seven unmarried young women (N=7) within age range 19-30. Semi-structured interviews were conducted to explore experiences of self-disclosure and self-management patterns of women diagnosed with PCOS. The interviews were audio recorded with the consent of the participants for the purpose of transcription. The qualitative methodology of Interpretative Phenomenological Analysis (IPA) was used for in-depth analysis. The data transcripts were read and re-read. Initially emergent themes were developed separately from each interview, the emergent themes were connected to develop subordinate themes. The subordinate themes across the cases were used to develop eleven superordinate themes. The emerged superordinate themes were; Social Support, Social Connectedness, Cultural Restraints of disclosure, Stigmatization, Marriage related Future Apprehensions, Self-conscious Emotions, People's Lack of knowledge about PCOS, Selective Disclosure, Embracing Vulnerability, Adaptive Coping, and Maladaptive coping. The implications of this study can assist in developing services that provide overall support and aid in self-management practices to unmarried women suffering from PCOS in Pakistan.

**Key words:** *Polycystic Ovary Syndrome, Self-disclosure, Self-management, Coping*