

ABSTRACT

The present study is case-control study with both descriptive and analytical analysis. The main objectives of this research are to determine the most common risk factors involve in contributing to hirsutism and to check strength of association between each risk factor with hirsutism. Study consists of 300 patients, 150 are cases and 150 controls. Data was collected during October to December 2014. Data regarding to risk factors is collected through a questionnaire. According to literature risk factors contributing to hirsutism are age, obesity, acne, family history, menstrual status, Deepening voice, decrease breast size, PCOS, depression and diabetes were included in questionnaire.

Data was coded and entered in computer SPSS version 20.0. Through SPSS statistical analysis descriptive and analytical analysis was done. Frequencies and percentages were calculated in descriptive analysis. Results of descriptive analysis showed that out of nine body areas of hirsutism there were most cases of facial hirsutism. Chi-square test, Cramer's V, OR and CI were calculated in analytical analysis. Chi-square test was used to check the association among risk factors. Cramer's V value was calculated to find out the strength of association among risk factors. It was found that PCOS and family history have greatest Cramer's V value which shows that these two have strong association with hirsutism.

The forward Logistic Regression method was applied to determine the significant risk factors and odds ratio. Results showed that DBS (OR=8.162, p=0.000), Family history (OR=6.980, P=0.000) acne (OR=2.164, P=0.029) and PCOS (OR=9.060, P=0.000) are significant whereas Age (OR=1.294, P=0.829) is insignificant risk factor according to the results.

From research it is concluded that hirsutism is not based on single risk factor. There are several risk factors contributing to hirsutism. Out of these PCOS, family history and acne are most common.