



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is PCOS Affecting My Mental Health?

10 questions about the emotional side of PCOS

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is PCOS Affecting My Mental Health?

This is a quick mental health check for women experiencing hormonal changes. It helps understand how these changes might be affecting your mood and well-being.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you experience frequent mood swings related to your cycle?
- Do you often feel low or sad due to your condition?
- Do you worry a lot about symptoms like hair or weight gain?
- Does your body image cause you significant distress?
- How has your self-confidence been impacted recently?
- Have you felt dismissed by healthcare providers regarding your concerns?
- How have hormonal changes affected your relationships?
- Do you feel anxious about future fertility prospects?
- Do you experience isolation due to lack of understanding from others?
- Do you have moments of feeling peaceful with your condition?

Score: Count the number of 'Yes' answers. Your total score indicates your current experience.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Coping Well

Your current experience appears manageable. You are navigating the challenges with resilience.

SCORE: 4-6

Mild Distress

You may be experiencing some difficulties. Gentle self-care and support can be helpful now.

SCORE: 7-8

Moderate Distress

You seem to be facing considerable challenges. Seeking support might offer valuable relief and guidance.

SCORE: 9-10

Significant Distress

Your experiences are quite intense right now. Please consider reaching out for professional support to navigate this period.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, your feelings are valid. Gentle self-compassion and seeking supportive connections can make a difference.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small step you can take today to nurture yourself?

2. How can you communicate your needs more effectively to loved ones?

3. What brings you a sense of peace, even amidst challenges?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

PCOS Wellness Guide

Practical strategies for managing PCOS symptoms and improving well-being.

₹299

2

Mindful Eating for Hormonal Balance

Learn how food impacts your hormones and mood.

₹199

3

Emotional Resilience Workshop

Build strength to navigate life's ups and downs with grace.

₹499

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

— Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224