

Table 8: Thematic Analyses and Exemplar Quotes

Themes	Categories	Exemplar Quote
Clinical Manifestations	Menstruation, reproduction, and fertility	<i>'The education appeared to increase recognition of the oligomenorrhea/irregular menstruation aspect of Rotterdam criteria' (Onwuzurumba., 2020, pg. 43).</i>
	Physical presentation	<i>'The most frequently reported clinical manifestations [by nurse practitioners] were menstrual disruptions/irregularities (99%, n=161), acne (91%, n=149), hirsutism (90%, n=147), and obesity (83%, n=136), which were also symptoms most often used by participants to diagnose PCOS in adolescents' (Williams, 2014, pg. 26).</i>
	Risks of PCOS	<i>'Regarding long-term consequences of PCOS, 93% of post-test participants reported T2DM. Other long-term consequences of PCOS reported by post-test participants were cardiovascular disease (58.1%), psychosocial mental health (4.6%), metabolic syndrome (4.6%), and endometrial cancer (7%)' (Carron et al., 2018, pg. 167).</i>
Management	Functional lifestyle interventions	<i>'However almost all of them knew that the life style modification is the first line of management in PCOS' (Sasikala., 2021, pg. 122).</i>
	Managing PCOS	<i>'For management of PCOS, 95.3% of the posttest participants reported contraceptives as an effective option. Other options reported were metformin (62.8%), spironolactone (67.4%), or clomiphene citrate (16.3%)' (Carron et al., 2018, pg. 167).</i>
	Diagnosis	<i>'Sixty participants (18%) used at least three out of the four symptoms (oligo-amenorrhea, anovulation, clinical signs of hyperandrogenism, and biochemical signs of hyperandrogenism) to make their diagnosis, while forty-one participants (12%) used polycystic ovaries to make their diagnosis' (Williams, 2014, pg. 26).</i>
Health Literacy	PCOS knowledge	<i>'Paediatric department was significantly associated with lower knowledge. If a nurse worked in the paediatric department, she was 92% less likely to possess higher knowledge of PCOS compared to if she worked in outpatient department. (OR= 0.08.CI= 0.008-0.911, P<0.05)' (Adjei, 2019, pg. 37).</i>
	Sources of knowledge	<i>'If a nurse had media as a source of information, she was 94% less likely to have higher knowledge about PCOS compared to if she heard her information from a training program (OR=0.06, CI= 0.005-0.909, P<0.05)' (Adjei, 2019, pg. 37).</i>