Prevalence of anxiety and depression and quality of life in women with Mayer-Rokitansky-Kuster-Hauser (MRKH) syndrome in Malaysia

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ABSTRACT

Introduction: Mayer-Rokitansky-Küster-Hauser (MRKH) syndrome is a rare congenital disorder in which women are born with an underdeveloped or missing vagina and uterus. It has been reported that MRKH is linked to poor psychological health and quality of life. We aimed to determine the prevalence of anxiety and depression and to evaluate the quality of life in women with MRKH syndrome in Malaysia. **Methods:** We conducted a cross-sectional study involving women with MRKH in Malaysia. The following self-administered questionnaires were used to assess the women's anxiety, depression, and quality of life; 1) Generalised Anxiety Disorder-7 (GAD-7), 2) the Patient Health Questionnaire-9 (PHQ-9), and 3) World Health Organization Quality-of-Life Scale (WHOQOL-BREF)]. The respondents' sociodemographic and medical profiles were also recorded. **Results:** A total of seventy-seven women with MRKH were included with a response rate of 73%. The mean age of the participants (mean ± SD) was 29.1±8.3 years old and the mean age of diagnosis was 20.5±5.0 years old. Women with MRKH syndrome had anxiety (n=29, 37.7%) and depression (n=25, 32.5%) of varying severity. Of the domains in WHOQOL-BREF, only the aspect of social relationships was poor (mean ± SD: 54.88±20.99) in which a cut-off score of less than 60 indicates poor outcome. **Conclusion:** There was a high prevalence of anxiety and depression in Malaysian women with MRKH. In terms of their quality of life, only social aspects were adversely affected.

A peculiar case of endocervical polyp in an adolescent and a review of cervical rhabdomyosarcoma in an adolescent

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ABSTRACT

Introduction: Cervical Rhabdomyoscarcoma (RMS) is a rare disease and treatment is not codified. Fertility sparing surgery followed by chemotherapy is a possible modality in well-selected cases, which is further supported by data shown in a literature review that we performed. **Case Description:** A 15-year-old girl virgo intacta with no prior medical problem presented with a tongue-like mass per vagina for 5 months associated with blood-stained, foul-smelling vaginal discharge. She attained menarche at the age of 11, with normal menses. No family history of malignancy. She was referred to a Paediatric & Adolescent Gynaecologist (PAG). The mass was not seen at the perineum during assessment. Hence, she underwent vaginoscopy under anaesthesia which revealed an irregular mass 6 x 3 cm arising from endocervix. Hysteroscopic endocervical polypectomy was performed and the histopathology showed an embryonal rhabdomyosarcoma botryoide subtype. Imaging post-operatively was suggestive of residual local disease with no distant metastasis. A multidisciplinary team (MDT) meeting was conducted and family opted for fertility sparing management. Following that, hysteroscopy targeted transcervical resection of endocervix and cone biopsy was done and fortunately, no residual malignancy reported on histopathology examination. She received 8 cycles of chemotherapy, with imaging and hysteroscopic surveillance. Literature review shows that early-stage primary cervical rhabdomyosarcoma can be managed by fertility sparing treatment with very promising outcome. **Discussion:** Polyps are rather odd in adolescence and malignancy should be suspected. Management may not be straightforward and need MDT approach. Minimally access surgery followed by chemotherapy is possible in managing selected cases to improve outcome.