

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Shanmugapriya R^{1*}, Dr. R. Neelakandan²

ABSTRACT

The study aims to investigate “The role of Cognitive Behaviour Therapy for enhancing Emotional Regulation among PCOD Women”. According to Gross, J. J. (2015) Emotional regulation involves the "strategies individuals use to influence their emotional experience, including the timing of emotion generation, intensity, and the way emotions are experienced and expressed". CBT aims to help clients identify and modify distorted thinking and unhelpful behaviors that contribute to emotional distress. (Corey, G., 2017). The aim of this research was to analyze the effectiveness of Cognitive Behaviour Therapy (CBT) on enhancing Emotional Regulation among PCOD Women. An quasi experimental research design was used, a total sample of 20 participants from the region of K. N. Pettai and Thiruvandhipuram village at Cuddalore district were selected. Out of 20 participants, only 10 participants (N=10) who have identified low level of emotional regulation and met with all-inclusive and exclusive criteria were only chosen to participate in this study by Purposive sampling method. The instrument used were Emotional Regulation Questionnaire by Gross and John (2003). The CBT techniques were implemented to the PCOD women, totally 8 sessions for 8 weeks and then the effectiveness of CBT techniques was analyzed by using paired t-test. The result revealed that CBT techniques was effective in enhancing emotional regulation among PCOD women.

Keywords: *Cognitive Distortions, Emotional Regulations, PCOD women, CBT techniques*

In today's context, the rising prevalence of PCOD is closely linked to lifestyle factors such as unhealthy dietary habits, sedentary behavior, and increasing obesity rates. Furthermore, stress and environmental factors, including exposure to endocrine-disrupting chemicals, are contributing to the growing number of cases. Women with PCOD are also at an elevated risk for developing long-term complications such as type 2 diabetes, cardiovascular diseases, and infertility. Polycystic Ovary Syndrome (PCOS), often referred to as Polycystic Ovarian Disease (PCOD), is one of the most common endocrine disorders affecting women of reproductive age worldwide. Characterized by hormonal imbalances, irregular menstrual cycles, polycystic ovaries, and metabolic issues, PCOD poses significant physical and psychological health challenges. In recent years, awareness about PCOD has increased significantly, with healthcare providers and researchers advocating for early

¹M.Sc. Applied Psychology, Department of Psychology, Annamalai University.

²Department of Psychology, Annamalai University.

*Corresponding Author

Received: April 04, 2025; Revision Received: September 16, 2025; Accepted: September 20, 2025

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

diagnosis and multi-disciplinary interventions. These include lifestyle modifications, pharmacological treatments, and psychological support to improve quality of life. Despite these advancements, challenges remain in ensuring accessible and comprehensive care for women with PCOD, particularly in low-resource settings.

Women with Polycystic Ovary Disease (PCOD) often experience significant psychological challenges, including difficulties with emotional regulation. Cognitive distortions are irrational and negative thought patterns that can exacerbate feelings of inadequacy, low self-worth, and helplessness. These distortions may stem from visible symptoms of PCOD, such as weight gain, acne, hair loss, or hirsutism, which impact body image and self-esteem. Additionally, infertility concerns and societal stigma around reproductive health can further fuel these maladaptive thought patterns. Emotional regulation, the ability to manage and respond to emotional experiences effectively, is often impaired in women with PCOD. The hormonal imbalances associated with PCOD, particularly elevated androgens and insulin resistance, are linked to mood disturbances such as anxiety, depression, and irritability. These emotional difficulties can make it challenging for women to cope with daily stressors and the long-term implications of their condition, creating a vicious cycle of stress and poor mental health.

Cognitive Behavioral Therapy (CBT) has gained significant recognition as a structured and goal-oriented psychotherapeutic intervention effective in addressing psychological challenges such as emotional dysregulation. Women with PCOD, a prevalent endocrine disorder affecting reproductive-aged women, often face not only physical health challenges but also psychological burdens. The hormonal imbalances, irregular menstrual cycles, infertility, weight management issues, and societal stigma associated with PCOD frequently lead to anxiety, depression, and negative thought patterns. This study focuses on evaluating the role of CBT in fostering better emotional regulation, with the aim of enhancing psychological resilience and improving the holistic well-being of women living with PCOD. Through this exploration, the research seeks to shed light on the potential of CBT as a valuable therapeutic tool for addressing the mental health needs of this vulnerable population.

Definitions of Emotional Regulation

"Thompson, R. A. (1994) Emotional regulation is the "process by which individuals manage and modulate emotional experiences and expressions in ways that are socially and developmentally appropriate."

Gross, J. J. (2002) Emotional regulation refers to "the processes by which individuals influence which emotions they have, when they have them, and how they experience and express these emotions."

Zimmermann, P., & Iwanski, A. (2014) Emotional regulation is defined as the "individual's ability to influence the experience and expression of their emotions, typically in response to external or internal demands."

Gross, J. J. (2015) Emotional regulation involves the "strategies individuals use to influence their emotional experience, including the timing of emotion generation, intensity, and the way emotions are experienced and expressed".

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Types of Emotional Regulation

- **Cognitive Reappraisal:** Changing the way one thinks about a situation in order to alter its emotional impact. This is considered a form of cognitive regulation where an individual reinterprets a potentially distressing situation in a more positive light.
- **Expressive Suppression:** Involves inhibiting the outward expression of emotions, even though the individual may still experience the emotion internally. This is a behavioral regulation strategy focused on controlling the external manifestation of emotion.
- **Situation Selection:** Actively choosing to engage in or avoid certain situations that are likely to elicit specific emotions. This strategy involves controlling the context to prevent emotional distress.
- **Situation Modification:** Altering the situation or environment to change the emotional impact it has. This type of regulation aims to modify external factors to reduce negative emotional experiences.
- **Attention Deployment:** Involves directing attention away from emotionally charged stimuli, often by focusing on neutral or positive aspects of a situation or by distracting oneself.
- **Mindfulness:** A strategy that encourages nonjudgmental awareness of the present moment, accepting emotions without attempting to suppress or change them. This is often used to increase emotional awareness and decrease reactive emotional responses.

Importance of emotional regulations for PCOD women

Emotional regulation is particularly important for women with PCOD (Polycystic Ovary Disease) because of the emotional and psychological challenges associated with the condition. PCOD can lead to hormonal imbalances, which often result in emotional fluctuations, anxiety, depression, and stress. Here some reasons for important of emotional regulations for pcod women,

- **Psychological Impact:** Women with PCOD often experience increased stress, anxiety, and depression due to symptoms like weight gain, acne, and irregular menstrual cycles. Effective emotional regulation helps manage these feelings and reduces the risk of developing mental health disorders.
- **Stress Management:** Chronic stress can exacerbate the physical symptoms of PCOD, including hormonal imbalances, weight issues, and insulin resistance. Emotional regulation strategies, such as mindfulness and relaxation, can help reduce stress, improving both emotional and physical health.
- **Improved Coping Mechanisms:** Emotional regulation enables women to cope with the long-term nature of PCOD. This ability can help in managing frustration and emotional distress that arises from dealing with symptoms that may persist or worsen over time.
- **Enhanced Self-Esteem:** PCOD often impacts self-image, especially due to weight fluctuations and skin issues. Learning to regulate emotions can help women accept and manage these aspects of their condition, thereby promoting better self-esteem and a more positive body image.
- **Improved Social Relationships:** Emotional regulation can help women with PCOD interact more positively in social settings and reduce the emotional strain on relationships. When emotional distress is managed, it leads to healthier interactions with partners, friends, and family.

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Cognitive Behaviour Therapy

"Cognitive behavior therapy (CBT) is a structured, time-limited, and goal-oriented psychotherapy that focuses on identifying and changing negative patterns of thought and behavior. CBT aims to help individuals learn and apply coping strategies to manage difficult emotions and mental health conditions."(Beck. J. S., 2011) "Cognitive behavioral therapy (CBT) is an active, problem-solving therapy that focuses on the relationship between thoughts, emotions, and behaviors. CBT aims to help clients identify and modify distorted thinking and unhelpful behaviors that contribute to emotional distress. It is a practical, time-limited, and collaborative therapeutic approach that has been shown to be effective for a variety of psychological disorders, including anxiety, depression, and PTSD. (Corey, G. , 2017)

Cognitive Behavioral Therapy serves as an effective treatment approach for women with PCOD, particularly in enhancing emotional regulation. PCOD often leads to emotional challenges such as anxiety, depression, low self-esteem, and stress, which are further exacerbated by physical symptoms like weight gain, acne, and infertility. These emotional difficulties are often rooted in distorted thinking patterns that amplify negative feelings about oneself and the condition. CBT plays a significant role in improving emotional regulation. Women with PCOD may find themselves struggling with emotional overwhelm due to the hormonal fluctuations and ongoing nature of the condition. CBT helps individuals become more aware of the emotions they experience, identify triggers, and respond more adaptively. By teaching women to reframe negative thoughts and replace them with positive, solution-focused thinking, CBT helps them reduce the emotional intensity of distressing situations. Emotional regulation techniques such as mindfulness, relaxation exercises, and deep breathing also help women manage stress and negative emotions in the moment. Furthermore, CBT fosters a sense of control and self-efficacy by teaching women how to set realistic goals, make lifestyle changes, and solve problems that contribute to their overall well-being. Additionally, CBT promotes improved self-esteem and self-compassion, which is particularly important for women with PCOS who may struggle with body image issues due to physical symptoms. By enhancing emotional regulation skills, boosting self-esteem, and reducing cognitive distortions, CBT provides a powerful framework for women with PCOD to manage the emotional impact of the condition and improve their overall quality of life.

Need for the study

PCOD is a prevalent endocrine disorder affecting a significant number of women of reproductive age. It is associated with a range of physical symptoms such as irregular menstrual cycles, weight gain, acne, and fertility issues, which can lead to significant emotional and psychological distress. Women with PCOD often experience depression, anxiety, body image concerns, and low self-esteem due to these visible and challenging symptoms. Effective emotional regulation is crucial for managing the mental health challenges associated with PCOD. However, many women with PCOD struggle to regulate their emotions effectively, leading to heightened distress. Cognitive Behavioral Therapy (CBT) has improving emotional regulation in individuals with various mental health conditions. However, there is a lack of research specifically examining the effectiveness of CBT in women with PCOD. This study aims to fill this gap by investigating the role of CBT in enhancing emotional regulation among women with PCOD. The findings of this research will contribute to a better understanding of how psychological interventions can improve mental health outcomes in this population, ultimately enhancing their quality of life and

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

overall well-being and also helps to manage the emotional and psychological challenges of the condition.

Significance for the study

This study is significant as it aims to address the psychological well being of women suffering from PCOD, a condition that affects a large portion of women of reproductive age and is often associated with significant emotional distress. While the physical symptoms of PCOD such as irregular menstruation, infertility, and weight gain are well-documented, there is limited attention given to the psychological implications of the condition. Women with PCOD often experience high levels of stress, anxiety, depression, and body image issues, which can severely affect their quality of life and overall health outcomes. This study aims to explore the potential role of Cognitive Behavioral Therapy (CBT) in addressing these psychological challenges, particularly in improving emotional regulation. The findings of this study could have significant clinical implications for the treatment of women with PCOD. Although CBT is a widely recognized and effective therapeutic approach for managing a range of mental health disorders, its application in the context of PCOD has not been sufficiently explored. By investigating how CBT can help women with PCOS manage emotional distress, this study may provide valuable evidence to integrate psychological interventions alongside medical treatments in PCOD management. This would promote a more holistic approach to PCOD care, addressing both physical and emotional aspects of the condition and leading to improved overall well-being. Furthermore, this study could expand the scope of PCOD research, highlighting the importance of psychological interventions in the management of chronic health conditions. By focusing on emotional regulation, it will contribute to the growing body of evidence supporting the role of mental health therapies in managing chronic conditions. Additionally, the insights gained from this study may lead to the development of tailored psychosocial interventions specifically designed for women with PCOD, potentially improving their mental health outcomes and reducing the psychological burden of the condition. In conclusion, the significance of this study lies in its potential to fill a gap in current research, improve the mental health and emotional well-being of women with PCOD, and support the integration of psychological therapies into the broader treatment approach for managing PCOD. The findings will provide crucial insights for healthcare professionals, empowering them to offer more comprehensive care to women with PCOD.

REVIEW OF LITERATURE

A literature review done to clarify this previous research of journal, articles, scholarly books and source of research. The review may also include a discussion of methodological issues and suggestions for future research. Conducting a literature review should enable a researcher to find out what research has already been done and identify what is unknown within the researchers topic. So, the studies of already literature place a vital role in the field of research in psychology. Literature review as a critical description and appraisal of a topic (Jesson,2011). Research is a process of exploration, it is an investigation for something new, which has remained hidden or unnoticed. In other words, it is the process of gathering, recording and analyzing relevant data about the problem in a select branch of human activity. The researcher needs up to date information about from which he intends to take up the problem of research.

Tarim Nayab, Dr Shammem Akhtar (2024) analyzed the study was planned to explore the relationship between emotion regulation, stress and binge eating in women with Polycystic

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Ovary Syndrome (PCOS). Understanding the specific variables contribute to the development and exacerbation of Polycystic Ovary Syndrome in women can provide valuable insights for prevention strategies. To collect the data from participants, the sample size was (N=100) women with Polycystic Ovary syndrome women were recruited to participate in the current study. The sample size was determined by analyzing the previous research (Khan et al., 2024). The one hundred participants were selected through Purposive sampling technique and correlational research design was used. The scales Emotion Regulation Questionnaire (Gullone & Taffe., 2011), Stress Scale (Cohen et al., 1988) and Binge Eating Scale (Gormally et al., 1982) were used to measure the study variables. Results on correlational analysis affirmed that in women with polycystic ovary syndrome, there is a positive correlation between perceived stress and binge eating in women with PCOS. On the other hand, there is a negative correlation between emotion regulation and binge eating. Findings indicates that higher stress level can cause binge eating in women who have PCOS.

Khadijah Siddiqui (2024) investigated the study was compare the emotional regulation and life quality between two groups of women-women diagnosed with PCOS and the control group including non- PCOS women. The major goal of the study is to identify the significant differences in emotional regulation and quality of life in both groups and provide support strategies. A total of 104 participants are included in the study with the age range of (18-29) consisting of 52 participants who are clinically diagnosed with PCOS and 52 participants without the condition (control group). The variables are measured using the Emotional Regulation Questionnaire (ERQ) top assess emotional regulation and World Health Organization Quality of life Scale (WHOQOL-BREF) to measure quality of life. Independent sample t test was used to find out the variations in both groups. The results revealed that there is a significant difference in both domains of emotional regulation between both groups of women. Women with PCOS exhibit decreased levels of emotional regulation when compared with the control group. In terms of qualityof life, there was a significant difference in all domains - physical, psychological, social, and environmental where women without PCOS scored high in quality of life when compared to women with PCOS. Findings indicate that PCOS has a negative impact on emotional regulation and quality of life in women diagnosed with it which can lead to long term consequences.

Guangpeng Wang, Xueyan Liu, and Jun Lei (2023) conducted the study on Mental health latent profiles and emotion regulation in women with polycystic ovary syndrome. Latent profiles and emotion regulation was conducted in Mplus version 8.3 to identify mental health latent profiles in women with PCOS based on the dual-factor approach. Differences in demographic and anthropometric variables, cognitive reappraisal, expressive suppression, and social support across mental health profiles were examined through multinomial logistic regression. The study identified three distinct mental health profiles within women with PCOS: Symptomatic but Content Profile Complete Mental Health Profile and Troubled Profile, with group proportions of 52.3%, 35.7%, and 11.1 %, respectively. The results of the multinomial regression analysis revealed that cognitive reappraisal and social support as predictors of positive mental health adjustment and expression suppression is an indicator of negative barriers in women with PCOS.

Guangpeng Wang Xueyan Liu and Jun Lei (2023) conducted the study aimed to analyze the factors influencing body-image satisfaction, anxiety, and depressive symptoms in Chinese women with PCOS. It also aimed to clarify the association between body-image

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

satisfaction and anxiety and depressive symptoms in women with PCOS, and whether this association was mediated by emotional regulation of cognitive reappraisal and expressive suppression. A total of 477 women with PCOS were recruited from the Department of Gynecology and Reproductive Medicine Center of one university-affiliated tertiary hospital in China. They completed the Generalized Anxiety Disorder-7 scale, the Patient Health Questionnaire-9, the Body Image States Scale, and the Emotion Regulation Questionnaire. The study found body-image satisfaction showed significant associations with anxiety and depressive symptoms. This association was mediated by cognitive reappraisal and expressive suppression. The findings of this study offer new insights into the relationship between body image and anxiety and depressive symptoms in women with PCOS. They also emphasize the potential value of promoting body-image satisfaction and enhancing cognitive reappraisal abilities to improve the mental health of women with PCOS.

METHODOLOGY

Objectives, hypotheses, research design, sampling method, sample size, instruments used statistical analysis in the present research study were discussed here:

Objectives

The objectives of the present study were:

- To assess the level of Emotional Regulations among PCOD Women.
- To identify the effectiveness of CBT techniques to enhance Emotional Regulation among PCOD Women.
- To evaluate the effectiveness of CBT techniques among PCOD Women comparing pre-test and post-test.

Hypotheses

The following hypotheses were formulated based on the objectives of the study:

- There will be a significant difference the Emotional Regulation in the pre-test and post-test after administering the CBT techniques.

Research design

The research design used for the present study is one group pretest-posttest design is quasi-experimental research with pre-test, post-test design. An experimental group will be used assess the effectiveness of the intervention programme. The participants of experiment are 10. They were assigned based on purposive selection.

Sampling technique

The sampling technique for this study was selected by purposive sampling technique. Purposive sampling is also known as judgmental, selective or subjective sampling. It is a form of non-probability sampling in which researchers rely on their own judgment when choosing member of the population to participate in their surveys.

Sample size

The sample has been collected for this study was 20 samples and only participants with low level of Emotional Regulation were chosen. The sample for the present study was 10 participants.

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Inclusive criteria:

- Women diagnosed with PCOD (Confirmed by medical diagnosis)
- The participants 20 to 40 age group.
- The participants are identified with low level of Emotional Regulation
- The participants are only from K. N. Pettai and Thiruvandhipuram Village at Cuddalore District.
- The participants willing to attend CBT sessions regularly.
- The participants can understand and fill out the study forms in the required language.

Exclusive criteria:

- The participants with high level of Emotional Regulation.
- The participants unwilling to give consent to participate the CBT Sessions.

Instrument used

The following instrument were used for data collection.

- **The Emotional Regulation Questionnaire** was developed by Gross and John, 2003. In this questionnaire consists of 10 items and it is designed to assess habitual use of two common emotion regulation strategies, the two dimensions are Cognitive Reappraisal = 6 items and Expressive Suppression = 4 items. Separate scale scores can be derived from the Emotional Regulations Questionnaire for each of these strategies, with higher scores indicating higher usage of that strategy. High usage of cognitive reappraisal is typically associated with good well-being and interpersonal outcomes, whereas high usage of expressive suppression is typically associated with poor well-being and interpersonal outcomes (Gross & John, 2003). This scale is 7 point likert-type scale (1= strongly disagree, 2 = disagree, 3 = somewhat disagree, 4 = neutral, 5 = somewhat agree, 6 = agree, 7 = strongly agree). High level which indicates that the score of 19 above for Cognitive Reappraisal or 17 above for Expressive Suppression and low level which indicates that score of 10 or below for Cognitive Reappraisal or 7 or less for Expressive Suppression. The Emotional Regulation Questionnaire has good internal consistency 0.83 and had satisfactory reliability 0.73.

Procedure

The data was collected from 20 to 40 age group of Women diagnosed with PCOD confirmed by medical diagnosis. All the eligible participants who meet to provide with information about the procedure and the need for the study was explained in the language they understand the best. Consent was taken after a brief explanation about the study of the participants. It was assured that all the information collected from the participants would be kept confidential and used solely for research purposes. The demographic details and responses were collected from the participants.

Experimental group

The diagnosed PCOD women with low level of Emotional Regulation were selected as the participants in the experimental group. First pre-test was conducted, where the participants provided with Emotional Regulation Questionnaire was developed by Gross and John (2003) only the participants who scored to have low level of Emotional Regulation were chosen to participate further in this study. These participants are administered with CBT techniques. Then the post-test was conducted, the participants were once again answered to the same questionnaire of Emotional Regulation Questionnaire was developed by Gross and

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

John, 2003 Later both these pre-test and post-test score were compared and the effectiveness of CBT technique was analyzed.

Cognitive Behaviour Therapy (CBT)

Cognitive Behavioral Therapy (CBT) is a structured, evidence-based psychological intervention that integrates principles of cognitive and behavioral psychology. CBT emphasizes the relationship between thoughts, emotions, and behaviors, aiming to identify and modify dysfunctional patterns that contribute to psychological distress. For women with Polycystic Ovarian Disease (PCOD), CBT offers a targeted approach to addressing their unique psychological challenges by fostering resilience, self-awareness, and adaptive coping strategies. CBT operates on the premise that altering maladaptive thought patterns can lead to significant emotional and behavioral changes. Its time-limited and goal-oriented nature makes it particularly suitable for addressing the specific and manageable issues faced by women with PCOD, such as distorted body image, emotional instability, and low self-esteem.

Model for Cognitive Behaviour Therapy

PCOD women can benefit from CBT

Women with PCOD are at an increased risk of experiencing mental health challenges due to the multifaceted impact of their condition. The hormonal imbalances and physical symptoms of PCOD often exacerbate psychological distress, which can manifest as physical symptoms like weight gain, acne, and excessive hair growth can lead to a distorted perception of self-worth, resulting in low self-esteem and feelings of inadequacy. Societal misunderstandings about PCOD may cause women to feel isolated, misunderstood, or judged, contributing to anxiety and depressive symptoms. The fear of infertility is a significant stressor for many women with PCOD, leading to feelings of hopelessness and despair. CBT provides several mechanisms like Cognitive Reframing can help women challenge irrational beliefs about their body image, fertility, and societal expectations, teaches coping strategies to handle stressors associated with PCOD, including medical treatments and lifestyle changes and encourages self-compassion and acceptance, fostering resilience in the face of challenges.

CBT enhancing Emotional Regulation for PCOD women

Cognitive Behavioral Therapy (CBT) is a transformative intervention for enhancing emotional regulation in women with Polycystic Ovarian Disease (PCOD), addressing the emotional challenges they face due to hormonal imbalances, physical symptoms, and societal pressures. Emotional regulation involves the ability to recognize, understand, and manage emotional responses effectively, a skill that is often impaired in women with PCOD. The condition frequently results in heightened emotional sensitivity, mood swings, and difficulties managing stress, which can lead to feelings of frustration, sadness, or anger.

These challenges are often compounded by external triggers, such as weight-related stigma, concerns about fertility, or struggles with body image, making emotional regulation a critical aspect of psychological well-being for these women. CBT provides a structured approach to help women develop emotional regulation skills by addressing both the cognitive and behavioral aspects of their responses. Through psychoeducation, women learn to understand the connection between their thoughts, emotions, and behaviors, as well as the role that hormonal fluctuations may play in their mood. Techniques such as mindfulness training encourage women to observe and accept their emotions without judgment, helping to break the cycle of reactive behavior. Relaxation techniques, including deep breathing, progressive

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

muscle relaxation, and guided imagery, are also integral to CBT, as they reduce physiological arousal and create a sense of calm during moments of emotional distress. Cognitive restructuring is another vital component of CBT, enabling women to identify and challenge irrational beliefs or negative automatic thoughts that may trigger intense emotional reactions. For example, a woman might replace the thought, “I can’t handle this setback,” with “This is challenging, but I’ve overcome similar difficulties before.” Additionally, CBT encourages behavioral activation, where women engage in enjoyable and meaningful activities that promote positive emotions and counteract feelings of helplessness or sadness. CBT also focuses on helping women identify their emotional triggers and create personalized coping strategies to manage them effectively. For instance, a woman who feels overwhelmed by discussions about fertility may learn to set boundaries or use relaxation techniques before such conversations. Over time, these strategies empower women to regulate their emotions proactively, rather than reacting impulsively. The benefits of CBT for emotional regulation in women with PCOD are profound. Research shows that women who undergo CBT report reduced emotional reactivity, improved mood stability, and enhanced resilience to stress. By fostering a sense of control over their emotional responses, CBT not only alleviates psychological distress but also improves interpersonal relationships and supports overall well-being. This makes CBT a valuable tool in the holistic management of PCOD, helping women lead more balanced and fulfilling lives despite the challenges of their conditions.

Intervention is the main investigation

The intervention in the main investigation is the core phase of the study, where Cognitive Behavioral Therapy (CBT) is applied to women with Polycystic Ovarian Disease (PCOD) to evaluate its effectiveness in enhancing emotional regulation. This phase is designed to implement the intervention plan and systematically observe its impact on participants. The intervention is delivered over a pre-determined number of sessions, typically lasting 8–12 weeks, depending on the study design. Each session is structured to address specific objectives, such as identifying negative thought patterns, teaching relaxation techniques, and developing emotional regulation skills. The sessions are guided by trained therapists who follow a standardized protocol to ensure consistency in delivery. Participants engage in activities, such as mindfulness exercises, cognitive restructuring, and behavioral experiments. These activities are aimed at equipping them with practical tools to challenge irrational beliefs and manage emotional triggers associated with PCOD. Homework assignments, such as maintaining thought diaries or practicing stress-management techniques, are an integral part of the intervention to reinforce learning outside the sessions. Data collection during this phase is crucial. Participants are assessed at regular intervals to monitor progress in cognitive and emotional outcomes. The intervention phase concludes with a comprehensive assessment to determine its effectiveness.

The intervention programme was designed to be through 8 sessions for 8 weeks. Each session was 1 hour duration. The topics covered within these sessions are as follows:

Session 1: Building Rapport, Introducing CBT Principles and Psychoeducation

Session 2: Recognizing Common Cognitive Distortions

Session 3: Challenging Negative Thoughts

Session 4: Emotional Awareness and Regulation

Session 5: Stress Management Techniques

Session 6: Behavioural Activation

Session 7: Relapse Prevention and Coping Strategies

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

Session 8: Wrap-Up, Reflection and Feedback

Statistical tool used

The data was collected and analyzed by using Statistical Package of Social Science (SPSS) version 23.0. The results are inferred through statistical techniques like Descriptive and Inferential statistical methods like Mean, Standard Deviation, t - test and Paired t - test analysis was used to find out the significance difference between the mean pre-test.

RESULT

Table - 1 Comparison between pre test and post test in the Cognitive Reappraisal in the dimension of Emotional Regulation

	N	Mean	SD	t-value	p-value
Pre-test	10	15.80	3.425	8.854	.001(S)
Post- test	10	28.80	4.638		

(Source: Primary Source)

Ho: There will be no significant difference in the respondents level of Emotional Regulation in pre-test and post-test after intervention of CBT techniques.

The above table - 1 reveal the analysis of pre-test and post-test scores for Cognitive Reappraisal in the dimension of Emotional Regulation reveals a statistically significant improvement following the intervention. The mean score in the pre-test (M = 15.80, SD = 3.425) was considerably lower than the post-test score (M = 28.80, SD = 4.638). The t-value of 8.854 and the p-value of 0.000 indicate that the difference is highly significant at the 0.001 level. This substantial increase demonstrates the effectiveness of the intervention in enhancing cognitive reappraisal abilities, a crucial component of emotional regulation. The results suggest that participants developed stronger skills to reinterpret and manage their emotions effectively. Since, the null hypothesis is rejected and the alternative hypothesis is accepted. So, it is concluded that after CBT techniques respondents have enhanced Emotional Regulation.

Table - 2 Comparison between pre test and post test in the respondents level of Expressive Suppression in the dimension of Emotional Regulation.

	N	Mean	SD	t-value	p-value
Pre-test	10	11.40	1.265	20.804	.001(S)
Post- test	10	20.60	.843		

(Source: Primary Source)

Ho: There will be no significant difference in the respondents level of Emotional Regulation in pre-test and post-test after intervention of CBT techniques.

The above table 2 demonstrate the analysis of pre-test and post-test scores for Expressive Suppression in the dimension of Emotional Regulation shows a highly significant improvement after the intervention. The mean score in the pre-test (M = 11.40, SD = 1.265) was significantly lower than the post-test score (M = 20.60, SD = 0.843). The t-value of 20.804 and the p-value of 0.000 indicate a highly significant change at the 0.001 level. This remarkable increase demonstrates the intervention's effectiveness in enhancing the respondents' ability to regulate emotional expression through suppression. The findings

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

indicate that participants gained greater control over their emotional responses, a key element of emotional regulation. Since, the null hypothesis is rejected and the alternative hypothesis is accepted. So, it is concluded that after CBT techniques respondents have enhanced Emotional Regulation.

CONCLUSION

The study aims to summarize the effectiveness of CBT techniques to enhance Emotional Regulation among women with PCOD. The research design used for the proposed study in quasi experimental research design. An experimental group will be used assess the effectiveness of intervention programme. This study adopts purposive sampling technique. The sample has been collected for this study was 20 samples and only participants with low level of Emotional Regulation were chosen. The sample for the present study was 10 participants. The PCOD Women with low level of Cognitive Distortions and Emotional Regulation were selected in the experimental group. First pre-test was conducted, where the participants provided with the Emotional Regulation Questionnaire by Gross and John (2003). Only the participants who scored to have low, level of Emotional Regulation where chosen to participant further in this study. These participants are administered with CBT techniques. Then the post-test was conducted, the participants were once again asked to answer the questionnaire of the Emotional Regulation Questionnaire by Gross and John (2003). later both these pre-test and post-test scores were compared and the effectiveness of CBT technique was analyzed. The findings from pre-test and post-test comparisons across various dimensions of emotional regulation provide compelling evidence of the intervention's success. These results underscore the intervention's efficacy in addressing maladaptive thought patterns and promoting healthier cognitive processing. Similarly, the intervention led to notable improvements in emotional regulation. Both Cognitive Reappraisal and Expressive Suppression dimensions showed significant increases in post-test scores, indicating enhanced abilities to reinterpret emotions and regulate emotional expressions effectively. The statistical significance of these findings highlights the transformative impact of the intervention on emotional well-being.

Overall, the study establishes that the intervention effectively enhances emotional regulation in women with PCOD. These findings provide a strong foundation for incorporating such interventions into therapeutic programs aimed at improving psychological resilience and emotional health among this population. Future research is recommended to explore the long-term effects of the intervention, its applicability across diverse demographics, and its integration with other therapeutic approaches for comprehensive care.

REFERENCES

- Beck, J. S. (2011). *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.). The Guilford Press.
- Cole, P. M., & Hollenstein, T. (2018). *Emotion regulation: A matter of time*. Routledge.
- Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy* (10th ed.). Brooks/Cole.
- FARID, N. R., & Diamanti-Kandarakis, E. (2009). *Diagnosis and management of polycystic ovary syndrome*. Springer Science & Business Media.
- Garber, J. (1991). *The development of emotion regulation and dysregulation*. Cambridge University Press.
- Gordeladze, J. (2017). *Adiposity: Epidemiology and treatment modalities*. BoD – Books on Demand.

The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women

- Gross, J. J. (2002). Emotion Regulation: Affective, Cognitive, and Social Consequences. *Psychophysiology*, 39(3), 281-291.
- Kazantzis, N., Dattilio, F. M., & Dobson, K. S. (2017). *The therapeutic relationship in cognitive-behavioral therapy: A clinician's guide*. Guilford Publications.
- Maxwell, J. A. (2013). *Qualitative Research Design: An Interactive Approach* (3rd ed.). SAGE Publications.
- Nyklíček, I., Vingerhoets, A., & Zeelenberg, M. (2014). *Emotion regulation and well-being*. Springer.
- Petraglia, F., & Fauser, B. C. (2020). *Female reproductive dysfunction*. Springer.
- Ridley, D. (2012). *The literature review: A step-by-step guide for students*. SAGE.
- Wang, G., Liu, X., & Lei, J. (2023). Association between body-image satisfaction and anxiety, depressive symptoms among women with PCOS: The mediating role of emotion regulation strategies. *The Journal of Psychology*, 158(3), 200-214. <https://doi.org/10.1080/00223980.2023.2283472>
- Wang, G., Liu, X., & Lei, J. (2023). Mental health latent profiles and emotion regulation in women with polycystic ovary syndrome: A cross-sectional study. <https://doi.org/10.22541/au.167541844.40077987/v1>
- Wasata, R., R. A. Chertok, I., Kingori, C., & T. Haile, Z. (2020). Exploratory study of knowledge and experience of polycystic ovary syndrome (PCOS) among PCOS-diagnosed Bangladeshi women. *Women Health Care and Issues*, 3(1), 01-09. <https://doi.org/10.31579/2642-9756/021>

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Shanmugapriya, R. & Neelakandan, R. (2025). The Role of Cognitive Behaviour Therapy for Enhancing Emotional Regulations Among PCOD Women. *International Journal of Indian Psychology*, 13(3), 3687-3699. DIP:18.01.336.20251303, DOI:10.25215/1303.336