

Effect of Instructional Supportive Guideline for Improving Women's Awareness towards Endometriosis

Background: Endometriosis is when the tissue that makes up the uterine lining is present on other organs inside your body. Endometriosis is estimated to affect between 3.0% and 10.0% of reproductive-aged women. Endometriosis is rarely found in girls before they start their period. **Aim:** The study aimed to evaluate the effect of instructional supportive guideline for improving women's awareness towards endometriosis. **Subjects and Methods:** This was a quasi-experimental study. Pre-post and follow-up by time series analysis study which was conducted among 300 women fulfilled criteria attending the gynecological outpatient clinic and inpatient units at Ain-Shams-Maternity-University-Hospital. Data collection tools were a Structured Interviewing Questionnaire, Andera-Mankoski-Pain-Scale, and written Arabic instructional guideline about endometriosis. **Result:** The present study showed that the majority of the studied women had incorrect knowledge about endometriosis. Meanwhile, there was statistically significant difference of the women's knowledge about the endometriosis after educational session and at follow up-time compared to their knowledge before it (P-value <0.001). A statistically significant relationship between women's level of Andrea-Mankoksi-Pain-Scale and their knowledge regarding endometriosis was found (P<0.05). **Conclusion:** Designing and implementing an instructional supportive guideline about endometriosis indicated a significant effect with a remarkable improving women's awareness level about it. **Recommendations:** Provision of the instructional guideline in a simple Arabic language with timely education and increased awareness for women seeking gynecological health care services. Moreover, engagement with schools and employers through health education campaign to increase their awareness about endometriosis and its impact on the quality of the reproductive health.

Keywords: *endometriosis, pain, awareness, guideline*