

# Awareness of Osteoporosis among Premenopausal Women in Bisha, Saudi Arabia

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## ABSTRACT

**Introduction:** Osteoporosis is characterized by a gradual decrease in bone mass and increased fracture susceptibility. This necessitates comprehensive awareness of the disease particularly among premenopausal women.

**Objective:** This study aims to assess osteoporosis awareness, investigating sociodemographic associations with level of knowledge, manifestations, screening, complications, understanding, and preventive osteoporosis methods.

**Methods:** A descriptive cross-sectional community-based study was conducted in Bisha City, Saudi Arabia, targeting premenopausal women aged 30-45 in the period from November 2023 to March 2024. Data collection involved interviews and online questionnaires utilizing the Osteoporosis Knowledge Assessment Tool (OKAT).

**Results:** The study included 363 premenopausal women. Demographic analysis revealed that the majority were aged 41-45, married, urban residents, and University graduates, with a significant portion employed. Knowledge assessment regarding osteoporosis indicated that 47.9%, 39.4%, and 12.7% exhibited poor, satisfactory, and good knowledge levels respectively. Age, marital status, and residence did not significantly correlate with knowledge levels, whereas educational attainment demonstrated a notable correlation. Awareness regarding osteoporosis varied among participants, with notable recognition of certain aspects such as fracture risk and gender predisposition. This study revealed a lack of knowledge concerning osteoporosis risk factors, symptoms, screening, and prevention among premenopausal women, with almost half of the participants demonstrating limited understanding. Significant associations between the participants' educational attainment and their level of osteoporosis knowledge proficiency were noted.

**Conclusion:** It is extremely important to create health educational initiatives to raise awareness about osteoporosis and methods to decrease its progress and mitigate the complications among premenopausal women in Bisha City.

**Keywords:** Osteoporosis, premenopausal, women, Bisha, OKAT.

*Bahrain Med Bull 2025; 47 (2): 2870 - 2875*

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