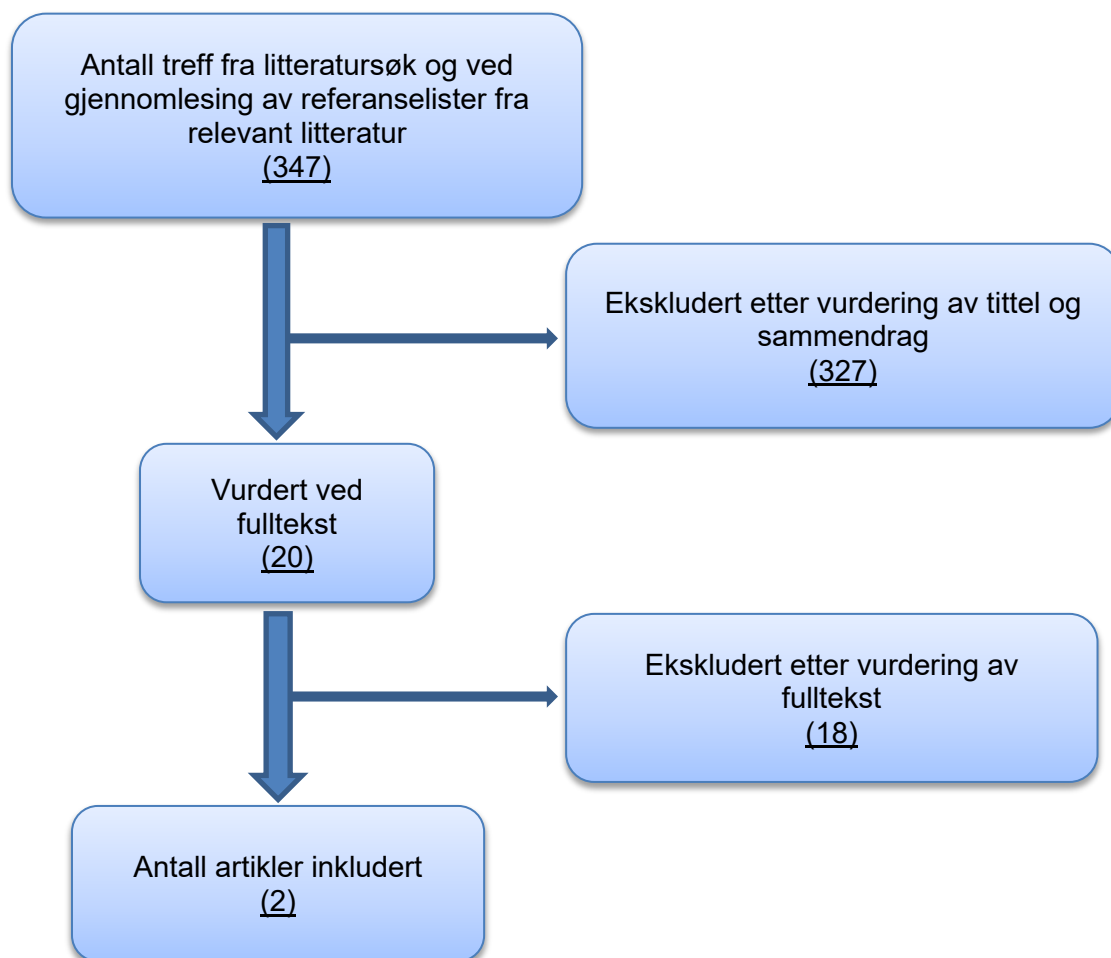


## Dokumentasjonsark: Nasjonal faglig retningslinje for utredning, oppfølging og behandling av kvinner med endometriose og adenomyose

Problemstilling: Hvordan påvirker endometriose kvinners psykososiale helse?

<b>P</b>	Jenter og kvinner med endometriose	
<b>I</b>		Dato for søk: 29.1.26
<b>C</b>		
<b>O</b>	Angst, depresjon, søvnplager, livskvalitet, sosiale plager: fravær fra sosialt liv, skole, arbeid, trening og sykemeldinger.	



Figur 1. Flytskjema over identifiserte treff og utvelgelse av relevante referanser. (modifisert/hentet fra Kunnskapssenteret for helsetjenesten i Folkehelseinstituttet)

**Tabell 1a. Inkluderte systematiske oversikter (oversiktsartikler)**

Forfatter, år, tittel	Metodisk kvalitet*	Egne kommentarer
Li, W., Feng, H., & Ye, Q. <i>Relationship between endometriosis and mental health: A systematic review and meta-analysis</i> , 2025.	Akseptabel med noen forbehold (se kommentarer)	Forfatterne har søkt i tre databaser: PubMed, Cochrane Library og Google Scholar som gir relativt tilfredsstillende dekning, men hadde vært bedre dekning med å inkludere CINHAL og PsycInfo med hensyn til formålet
Malenkul, T., Kuandyk, A., Makhadiyeva, D., Dautova, A., Terzic, M., Oshibayeva, A., Moldaliyev, I., Ayazbekov, A., Maimakov, T., Saruarov, Y., Foster, F., & Sarria-Santamera, A. <i>Understanding the impact of endometriosis on women's life: An integrative review of systematic reviews</i> , 2024.	Akseptabel med noen forbehold (se kommentarer)	Tittel og abstrakt ble screenet av en forfatter og deretter 20% tilfeldige artikler ble sjekket av en annen forfatter som et kvalitetssikringstiltak. Fulltekst review var fullført av tre forfattere

\* Vurdert med [sjekklisten for kvalitetsvurdering av systematiske oversikter](#) publisert på helsebiblioteket.no

**Tabell 2. Ekskluderte referanser. Sammen draget/tittel funnet relevant, ekskludert etter gjennomlesing av artikkel.**

To prosjektmedarbeidere inkluderte den nyeste systematiske oversikten, Li et al. (2025) etter fulltekst review og kvalitetsvurdering. Malenkul et al. (2024) var inkludert fordi den var den eneste paraplyoversikten, dvs. oversikt artikkel over systematiske oversikter, blant de 20 artikler som var tatt med i fulltekst review. Grunnen for å inkludere en paraplyoversikt var at den gir en dekkende innsikt i forskningsstatusen i et gitt fagområde.

Forfatter, år	Kommentar/begrunnelse for eksklusjon
1. Neto JN, da Costa Brito AI, Nogueira MB, Freire Lira LL, Rodrigues de Sousa Gomes LM, da Cunha Leal P, et al. Prevalence of depression and anxiety in women with chronic pelvic Pain: A systematic review and Meta-Analysis. <i>European Journal of Obstetrics and Gynecology and Reproductive Biology</i> . 2025;305:312-7.	se kommentaren ovenfor tabellen
2. Akano OP, Oladapo OJ, Obileke OI, Ezenwafor JC, Jacobs-Aje A, Adeoye BO, et al. Exploring the Impact of Psychological Stress on Endometriosis. <i>Fertility, Gynecology and Andrology</i> . 2025;5(1).	se kommentaren ovenfor tabellen
3. Zippl AL, Reiser E, Seeber B. Endometriosis and mental health disorders: identification and treatment as part of a multimodal approach. <i>Fertility and Sterility</i> . 2024;121(3):370-8.	se kommentaren ovenfor tabellen
4. Vallee A, Carbonnel M, Ceccaldi PF, Feki A, Ayoubi JM. Postmenopausal endometriosis: a challenging condition beyond menopause. <i>Menopause</i> . 2024;31(5):447-56.	se kommentaren ovenfor tabellen
5. Sumbodo CD, Tyson K, Mooney S, Lamont J, McMahon M, Holdsworth-Carson SJ. The relationship between sleep disturbances and endometriosis: A systematic review. <i>Eur J Obstet Gynecol Reprod Biol</i> . 2024;293:1-8.	se kommentaren ovenfor tabellen

Forfatter, år	Kommentar/begrunnelse for eksklusjon
6.Rempert AN, Rempert TH, Liu A, Hernandez A, Blanck J, Segars J, et al. A Systematic Review of the Psychosocial Impact of Endometriosis before and after Treatment. <i>Reproductive Sciences</i> . 2024;31(7):1828-60.	se kommentaren ovenfor tabellen
7.As-Sanie S, Shafrir AL, Halvorson L, Chawla R, Hughes R, Merz M. The Burden of Pelvic Pain Associated With Endometriosis Among Women in Selected European Countries and the United States: A Restricted Systematic Review. <i>Journal of Minimally Invasive Gynecology</i> . 2024;31(8):653-66.e5.	se kommentaren ovenfor tabellen
8.AIHarbi MH, Almubarak RZ, AlOmar SM, Almazrou NH, Fatani B, Almubarak D. Quality of life of women with endometriosis: a systematic review. <i>International Journal of Medicine in Developing Countries</i> . 2024;8(12):3676-83.	se kommentaren ovenfor tabellen
9.Szyplowska M, Tarkowski R, Kulak K. The impact of endometriosis on depressive and anxiety symptoms and quality of life: a systematic review. <i>Frontiers in Public Health</i> . 2023;11:1230303.	se kommentaren ovenfor tabellen
10.Chandel PK, Maurya PK, Hussain S, Vashistha D, Sharma S. Endometriosis and Depression: A Double Agony for Women. <i>Annals of Neurosciences</i> . 2023;30(3):205-9.	se kommentaren ovenfor tabellen
11.van Barneveld E, Manders J, van Osch FHM, van Poll M, Visser L, van Hanegem N, et al. Depression, Anxiety, and Correlating Factors in Endometriosis: A Systematic Review and Meta-Analysis. <i>Journal of Women's Health</i> . 2022;31(2):219-30.	se kommentaren ovenfor tabellen
12.Maulitz L, Stickeler E, Stickel S, Habel U, Tchaikovski S, Chechko N. Endometriosis, psychiatric comorbidities and neuroimaging: Estimating the odds of an endometriosis brain. <i>Frontiers in Neuroendocrinology</i> . 2022;65:1-16.	se kommentaren ovenfor tabellen
13.Kalfas M, Chisari C, Windgassen S. Psychosocial factors associated with pain and health-related quality of life in Endometriosis: A systematic review. <i>European Journal of Pain</i> . 2022;26(9):1827-48.	se kommentaren ovenfor tabellen
14.Capezzuoli T, Orlandi G, Clemenza S, Ponziani I, Sorbi F, Vannuccini S, et al. Gynaecologic and Systemic Comorbidities in Patients with Endometriosis: Impact on Quality of Life and Global Health. <i>Clinical and Experimental Obstetrics and Gynecology</i> . 2022;49(7).	se kommentaren ovenfor tabellen
15.Wang Y, Li B, Zhou Y, Wang Y, Han X, Zhang S, et al. Does Endometriosis Disturb Mental Health and Quality of Life? A Systematic Review and Meta-Analysis. <i>Gynecol Obstet Invest</i> . 2021;86(4):315-35.	se kommentaren ovenfor tabellen
16.Namazi M, Behboodi Moghadam Z, Zareiyan A, Jafarabadi M. Impact of endometriosis on reproductive health: an integrative review. <i>Journal of Obstetrics and Gynaecology</i> . 2021;41(8):1183-91.	se kommentaren ovenfor tabellen
17.Facchin F, Buggio L, Dridi D, Barbara G, Vercellini P. The Subjective Experience of Dyspareunia in Women with Endometriosis: A Systematic Review with Narrative Synthesis of Qualitative Research. <i>International Journal of Environmental Research and Public Health</i> . 2021.	se kommentaren ovenfor tabellen
18.Delanerolle G, Ramakrishnan R, Hapangama D, Zeng Y, Shetty A, Elneil S, et al. A systematic review and meta-analysis of the Endometriosis and Mental-Health Sequelae; The ELEMI Project. <i>Women's Health</i> . 2021;17.	se kommentaren ovenfor tabellen

---

## Fullstendig referanseliste

Akano OP, Oladapo OJ, Obileke OI, Ezenwafor JC, Jacobs-Aje A, Adeoye BO, et al. Exploring the Impact of Psychological Stress on Endometriosis. *Fertility, Gynecology and Andrology*. 2025;5(1).

AlHarbi MH, Almubarak RZ, AlOmar SM, Almazrou NH, Fatani B, Almubarak D. Quality of life of women with endometriosis: a systematic review. *International Journal of Medicine in Developing Countries*. 2024;8(12):3676-83.

As-Sanie S, Shafrir AL, Halvorson L, Chawla R, Hughes R, Merz M. The Burden of Pelvic Pain Associated With Endometriosis Among Women in Selected European Countries and the United States: A Restricted Systematic Review. *Journal of Minimally Invasive Gynecology*. 2024;31(8):653-66.e5.

Capezzuoli T, Orlandi G, Clemenza S, Ponziani I, Sorbi F, Vannuccini S, et al. Gynaecologic and Systemic Comorbidities in Patients with Endometriosis: Impact on Quality of Life and Global Health. *Clinical and Experimental Obstetrics and Gynecology*. 2022;49(7).

Chandel PK, Maurya PK, Hussain S, Vashistha D, Sharma S. Endometriosis and Depression: A Double Agony for Women. *Annals of Neurosciences*. 2023;30(3):205-9.

Delanerolle G, Ramakrishnan R, Hapangama D, Zeng Y, Shetty A, Elneil S, et al. A systematic review and meta-analysis of the Endometriosis and Mental-Health Sequelae; The ELEMI Project. *Women's Health*. 2021;17.

Facchin F, Buggio L, Dridi D, Barbara G, Vercellini P. The Subjective Experience of Dyspareunia in Women with Endometriosis: A Systematic Review with Narrative Synthesis of Qualitative Research. *International Journal of Environmental Research and Public Health*. 2021.

Kalfas M, Chisari C, Windgassen S. Psychosocial factors associated with pain and health-related quality of life in Endometriosis: A systematic review. *European Journal of Pain*. 2022;26(9):1827-48.

Li W, Feng H, Ye Q. Relationship between endometriosis and mental health. A systematic review and meta-analysis. *Arch Med Sci*. 2025;21(5):1985-96.

Maulenkul T, Kuandyk A, Makhadiyeva D, Dautova A, Terzic M, Oshibayeva A, et al. Understanding the impact of endometriosis on women's life: an integrative review of systematic reviews. *BMC Women's Health*. 2024;24(1):524.

Maulitz L, Stickeler E, Stickel S, Habel U, Tchaikovski S, Chechko N. Endometriosis, psychiatric comorbidities and neuroimaging: Estimating the odds of an endometriosis brain. *Frontiers in Neuroendocrinology*. 2022;65:1-16.

Namazi M, Behboodi Moghadam Z, Zareiyan A, Jafarabadi M. Impact of endometriosis on reproductive health: an integrative review. *Journal of Obstetrics and Gynaecology*. 2021;41(8):1183-91.

Neto JN, da Costa Brito AI, Nogueira MB, Freire Lira LL, Rodrigues de Sousa Gomes LM, da Cunha Leal P, et al. Prevalence of depression and anxiety in women with chronic pelvic Pain: A systematic review and Meta-Analysis. *European Journal of Obstetrics and Gynecology and Reproductive Biology*. 2025;305:312-7.

Rempert AN, Rempert TH, Liu A, Hernandez A, Blanck J, Segars J, et al. A Systematic Review of the Psychosocial Impact of Endometriosis before and after Treatment. *Reproductive Sciences*. 2024;31(7):1828-60.

Sumbodo CD, Tyson K, Mooney S, Lamont J, McMahon M, Holdsworth-Carson SJ. The relationship between sleep disturbances and endometriosis: A systematic review. *Eur J Obstet Gynecol Reprod Biol*. 2024;293:1-8.

Szyplowska M, Tarkowski R, Kulak K. The impact of endometriosis on depressive and anxiety symptoms and quality of life: a systematic review. *Frontiers in Public Health*. 2023;11:1230303.

Vallee A, Carbonnel M, Ceccaldi PF, Feki A, Ayoubi JM. Postmenopausal endometriosis: a challenging condition beyond menopause. *Menopause*. 2024;31(5):447-56.

van Barneveld E, Manders J, van Osch FHM, van Poll M, Visser L, van Hanegem N, et al. Depression, Anxiety, and Correlating Factors in Endometriosis: A Systematic Review and Meta-Analysis. *Journal of Women's Health*. 2022;31(2):219-30.

Wang Y, Li B, Zhou Y, Wang Y, Han X, Zhang S, et al. Does Endometriosis Disturb Mental Health and Quality of Life? A Systematic Review and Meta-Analysis. *Gynecol Obstet Invest*. 2021;86(4):315-35.

Zippl AL, Reiser E, Seeber B. Endometriosis and mental health disorders: identification and treatment as part of a multimodal approach. *Fertility and Sterility*. 2024;121(3):370-8.