



## **ABLE:** Adapting to Better Life with Endometriosis – May 2026

### **FACTS:**

- Endometriosis is a long-term inflammatory condition affecting around 10% of women aged 15-49, often causing chronic pelvic pain, painful menstruation, or severe and frequent menstrual cramps (dysmenorrhea), and infertility.
- It leads to reduced psychological well-being, depression, anxiety, and impacts daily activities, relationships, and work.
- In India, the condition remains largely overlooked, with limited policy attention and inadequate treatments, despite affecting 42 million women.

### **BACKGROUND:**

- Endometriosis is a long-term inflammatory condition affecting around 10% of women aged 15-49, often causing chronic pelvic pain, painful menstruation, or severe and frequent menstrual cramps (dysmenorrhea), and infertility.
- It leads to reduced psychological well-being, depression, anxiety, and impacts daily activities, relationships, and work.
- In India, the condition remains largely overlooked, with limited policy attention and inadequate treatments, despite affecting 42 million women.

### **AIM:**

- Co-develop and test a psychological intervention to reduce depression and improve quality of life for women with endometriosis.
- Assess the economic burden of endometriosis, including out-of-pocket expenses and lost time for women and their families.

### **METHODS:**

- Endometriosis affects 42 million women in India – around 10% of women of reproductive age.
- Nearly one-third of women with endometriosis experience anxiety or depression.
- There is currently no cure for endometriosis, and many women face delays in diagnosis and limited treatment options.
- India lacks culturally tailored psychological support and reliable data on the financial impact burden of endometriosis on women and their households.



### **PROJECT CYCLE:**

2025 - 2028

### **PARTNERS:**

The George Institute for Global Health, India

Guwahati Medical College and Hospital (Assam)

Kasturba Medical College, Manipal (Karnataka)

### **SUPPORTERS:**

Indian Council of Medical Research (ICMR)

### **PRINCIPAL INVESTIGATOR:**

Preety R Rajbangshi

### **IMPACT**

- A psychological intervention program designed to support Indian women with endometriosis and depression, aiming to enhance their ability to manage symptoms and improve overall quality of life.
- To gain a deeper understanding of the financial impact of endometriosis on women and their families in India, informing policy development and support services to alleviate economic burden.

### **CONTACT:**

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