

## RESEARCH ARTICLE

# Associated factors with Premenstrual syndrome and Premenstrual dysphoric disorder among female medical students: A cross-sectional study

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**Data Availability Statement:** All relevant data are within the paper and its Supporting Information files.

## Abstract

### Aim

The study aimed to determine potential risk factors associated with Premenstrual Syndrome and Premenstrual Dysphoric Disorder.

### Methods

Three hundred two female student participants who were 18–45 years old completed a questionnaire including demographic characteristics, lifestyle factors, and a Vietnamese Premenstrual Syndrome Screening Tool. We then followed up participants during at least two menstrual cycles using the Daily Record of Severity of Problems. The Premenstrual Syndrome and Premenstrual Dysphoric Disorder diagnosis was established using The Carolina Premenstrual Assessment Scoring System, based on the American College of Obstetrics and Gynecology and Diagnostic and Statistical Manual of Mental Disorders.

### Results

According to the Carolina Premenstrual Assessment Scoring System, 35 out of 302 students (11.6%; 95%CI: 8.2–15.7%) met the diagnosis of PMS (31 students) or PMDD (4 students). We found that age at menarche (PR = 0.77, 95%CI: 0.63–0.96), having negative Rh blood type (PR = 4.43, 95%CI: 1.95 to 10.08), being moderately depressed or higher (PR = 2.81, 95%CI: 1.24 to 6.36), and consuming caffeine more than three times per week

# Premenstrual Dysphoric Disorder A Medical Dictionary Bibliography And Annotated Research Guide T

**P. M. Shaughn O'Brien, Andrea  
Rapkin, Peter J. Schmidt**



## **Premenstrual Dysphoric Disorder A Medical Dictionary Bibliography And Annotated Research Guide T:**

**The British National Bibliography** Arthur James Wells,2004      **Subject Guide to Books in Print** ,1991      **The Absolute Guide To Care Cure And Maintenance Of Premenstrual Dysphoric Disorder** Margot Willow,2022-01-03

Alm t ll w m n have some mild r m n tru l m t m th t gn l the mm n nt rr v l f th r r d v r m nth Th symptoms r t ll ju t an annoyance nd d n t u n d tr But f r m women th m t m r mu h m r significant Ab ut 20% of m n tru t ng women suffer fr m premenstrual syndrome or PMS Women with PMS h v mostly h l m t m nd some m n r m d d turb n caused b th changing h rm n levels n th second h lf r lut l h f the m n tru l l Th h rm n ndu d symptoms n cause gn f nt physical d tr n th d l d ng up t menstruation S m t m n about 5% t 8% f m n tru t ng women debilitating m d h ng m n th r m n tru l physical m t m Gl b ll th is often r f rr d to severe PMS but n th United St t th mb n t n f h l m t m and m d disturbances is ll d r m n tru l dysphoria d rd r r PMDD Unfortunately w m n with PMDD r often misdiagnosed S m t m th g und gn d being told th r ju t h rm n l nd n d t g t v r t And sometimes th are v r d gn d Unf rtun t l t ll t mm n f r w m n with PMDD t b n rr tl d gn d w th b l r d rd r Diagnostic r t r f r PMDD r provided by number of x rt m d l gu d D gn n be u rt d b h v ng w m n wh r k ng treatment for PMDD u daily h rt ng meth d t record th r m t m Daily h rt ng h l to d t ngu h wh n m d disturbances r experienced and ll w PMDD t b m r easily d t ngu h d from other m d d rd r W th PMDD m d m t m r r nt nl dur ng th lut l h r l t tw w k f th m n tru l cycle Wh l PMDD m d m t m r of cyclical n tur other m d disorders r variable r constant v r t m Alth ugh there is l k f consensus n th most efficient n trum nt b wh h t confirm PMDD d gn v r l v l d t d l for recording r m n tru l symptoms include the C l nd r f Premenstrual Experiences COPE D l R rd f S v r t f Problems DRSP and Pr t v R rd of the S v r t of Menstruation PRISM In th nt xt f r r h standardized num r l ut ff are ft n l d to v r f th d gn Th d ff ult f d gn ng PMDD is one r n th t it n b challenging f r l w r t cite th d rd r d f n of r m n the v r rare cases wh r PMDD allegedly t d with r m n l violence PMDD r u disorder that can n g t v l affect your life r l t n h nd r r Women w th PMDD m h rm th m lv r th r If u consistently x r n v r d r n and anxiety r other PMDD m t m n th w k l d ng up t ur r d seek help fr m your h lth r r v d r M d t n n g t h rm n or r t n n l v l in check th t u f l m r like yourself PMDD isn t r bl m you h v t l v w th D n t ut ff g tt ng th medical nd mental health r you n d      PMDD James E. Huston,Lani C. Fujitsubo,2002 Offers women suffering from premenstrual dysphoric disorder information on the disease s causes symptoms diagnosis and treatment with tips for helping them manage the disorder without disrupting their lives

**Premenstrual Dysphoric Disorder** Dr Emma Reynolds,2025-05-25 Are your monthly mood swings anxiety and physical discomfort more than just normal PMS Premenstrual Dysphoric Disorder PMDD affects millions of women with severe emotional and physical symptoms that disrupt daily life yet it remains widely misunderstood and underdiagnosed This comprehensive guide offers hope clarity and practical strategies for anyone struggling with PMDD Dr Emma Reynolds combines medical expertise with empathy to help you understand your body navigate treatment options and reclaim your life Inside this book you will discover how to Identify the key emotional and physical symptoms that signal PMDD distinguishing

it from typical PMS Track your menstrual cycle effectively to anticipate and manage symptom flare ups Navigate diagnosis with confidence and advocate for the care you deserve Explore both medical and natural treatment options tailored to your unique needs Employ proven strategies to manage mood swings anxiety and depression Make lifestyle changes that promote long term hormonal balance and emotional well being Build a supportive network and communicate your needs clearly at work and home Break the stigma around PMDD by sharing your story and connecting with others Empower yourself with tools to live well despite the challenges of PMDD Whether you are newly diagnosed or have struggled for years this book provides a compassionate roadmap to healing and self empowerment Don t let PMDD control your life any longer Take the first step toward relief and regain control today your journey to a calmer healthier and happier you starts here The PMDD Phenomenon Diana L. Dell,Carol Svec,2002-10-16 The first book to clearly explain this new disorder and offer treatment options Afflicting an estimated 3 million women in the United States PMDD is an extreme form of PMS in which the physical and psychological symptoms are often so severe that they strain social familial and work relationships to the breaking point Despite the rapidly growing body of scientific research into its causes and cures PMDD continues to be a bone of contention among medical professionals and many women who suffer from it are still told that it s all in their heads The first consumer book written on this condition and authored by a nationally respected expert on the treatment of this condition The PMDD Phenomenon Helps readers determine whether they have PMDD Explains the full spectrum of prescription and nonprescription drug therapies Covers major alternative treatments Features inspiring and informative case studies of women who have battled PMDD *Premenstrual Dysphoric Disorder - A Guide* James W. Jefferson,Jean Endicott,John H. Greist,David J. Katzelnick,2003-01-01 *The Premenstrual Syndromes* P. M. Shaughn O'Brien,Andrea Rapkin,Peter J. Schmidt,2007-10-26 This text is definitive scientific readable and offers a reference and text for specialist gynecologists psychiatrists and psychologists working at a high level in their respective professions It is an academic text of the highest level being authoritative and comprehensive It has the correct balance between the specialties of psychiatry *Premenstrual Dysphorias* Judith H. Gold,1994 This is the first book to examine the specific myths controversies and research findings in the area of late luteal phase dysphoric disorder LLPDD now called premenstrual dysphoric disorder PMDD Written by members of the LLPDD Work Group for DSM IV Premenstrual Dysphorias Myths and Realities presents the latest issues surrounding the concept of premenstrual dysphoria It includes a thorough description of empirical issues related to the recent literature on LLPDD examines the methodological problems of LLPDD research and covers sociocultural issues including early medical approaches to menstruation and myths about menstruation Premenstrual Dysphorias Myths and Realities is designed to promote a better understanding of menstruation and the myths related to the menstrual cycle It also covers the specific diagnosis and treatment of disorders that affect women and recommendations for future research

Premenstrual Dysphoric Disorder (PMDD) Teresa Monteiro, The monthly cycle that defines much of a woman s

reproductive life can become a source of profound suffering for those experiencing Premenstrual Dysphoric Disorder. While many women experience some degree of premenstrual symptoms, PMDD represents a severe form that goes far beyond typical PMS discomfort. This condition affects approximately three to eight percent of women of reproductive age yet it remains significantly underdiagnosed and misunderstood within both medical communities and society at large. PMDD is characterized by severe emotional and physical symptoms that occur during the luteal phase of the menstrual cycle, typically beginning one to two weeks before menstruation and resolving shortly after the onset of menses. Unlike regular PMS, which might cause mild irritability or bloating, PMDD creates symptoms so severe they substantially interfere with work, school, social activities, and relationships. The emotional symptoms can be particularly devastating, including severe depression, anxiety, mood swings, and feelings of hopelessness that can feel overwhelming to those experiencing them. The distinction between PMS and PMDD lies not only in severity but also in the specific nature of symptoms and their impact on daily functioning. While PMS might cause a woman to feel slightly more emotional or experience some physical discomfort, PMDD can trigger symptoms that feel completely foreign to a woman's usual personality and emotional state. Women with PMDD often describe feeling like they become a different person during these episodes, experiencing thoughts and emotions that feel entirely out of character.

***The Cycle*** Shalene Gupta, 2024-02-27 A groundbreaking exploration of a debilitating disorder that's underdiagnosed and misunderstood. Most days, Shalene Gupta was the person she'd always aspired to be. She was hardworking, excelled at work, and had a long-term boyfriend who she desperately loved. Then, every month, like clockwork, it all came crashing down in fits of rage and inconsolable sorrow. Work became meaningless, and she struggled to get through the day. The lows were subterranean. After years of struggling to get an answer from doctors, Shalene learned she was one of millions who live with premenstrual dysphoric disorder (PMDD), a severe form of PMS. The physical and mental effects of this disorder are undeniable, but for decades, some doctors didn't even consider PMDD a real condition. How could so many people be suffering at the hands of a chronic condition that doesn't even exist? *The Cycle* uncovers a hidden epidemic, delivering the definitive portrait of a widespread chronic illness most people haven't even heard of. From a historical overview of feminist debates to on-the-ground interviews and a searing critique of menstrual stigma, Shalene Gupta lays out how disregard for this disorder has left too many people scrambling for appropriate healthcare. Deeply researched, movingly intimate, and refreshingly hopeful, this book is essential reading for any curious reader, especially those navigating a world ill-equipped to support their health.

***Personal Monster Driven by a Demon (PMDD)*** Anne-Marie Barton, 2020-04-13 This book is to help raise awareness, educate, and support sufferers of PMDD. A good read for those diagnosed with PMDD, those caring for sufferers, health professionals, and the general public who wish for an insight into living with this disorder.

***The Comprehensive Guides To Premenstrual Dysphoric Disorder*** Walter Anniston, 2022-10-07 When you have premenstrual dysphoric disorder (PMDD), you have no control over your emotions. You have no control over your thoughts. You have no control over your behavior. You have no control over your life. You have no control over your future. You have no control over your destiny. You have no control over your fate. You have no control over your life. You have no control over your future. You have no control over your destiny. You have no control over your fate.

Pre-menstrual Dysphoric Disorder Molly R. McKinney, University of North Carolina at Charlotte. Department of Public Health Services, 2014 Society has entered an era where most of the information humankind has ever recorded is available through the Internet. More and more people turn to the Internet for information on health subjects. Young women specifically go to the Internet for information on diseases, treatments, and syndromes. This thesis analyzes the Internet-based information on premenstrual dysphoric disorder (PMDD), a DSM-IV classified psychiatric condition specific to women as a result of their biological function. The analysis was undertaken through a feminist lens to examine if women's bodies were presented in a medicalized position consistent with the traditional biomedical model. Twenty-four websites were collected from three search engines: Google, Yahoo, and Bing, using the keywords: "PMS," "PMDD," and "PMDD treatment." Based on content and thematic analysis, most of the electronic health communication describes PMDD in extreme language. 83% of websites used charged terminology positioning women either as non-symptomatic or highly symptomatic. The authors of the websites positioned women's bodies as medicalized. 79% of websites used medical terms and framed the syndromes negatively. 50% of the websites suggested diagnosis for PMS and PMDD, and 25% suggested the reader seek medical help. Three themes emerged from the data: problematic bodies, control, and medical legitimacy. Women's bodies are described with inherent problems due to reproductive biology. Recommended pharmaceutical treatments aim at getting control of problematic behavior and symptoms or giving the woman a sense of control over her body. Messages to see licensed physicians for diagnosis and treatment of PMS and PMDD may drive women into the medical care system unnecessarily.

**PMDD Uncovered** Brenda Jones, 2025-05 PMDD Uncovered is a comprehensive and compassionate guide to understanding and managing Premenstrual Dysphoric Disorder (PMDD), a severe, often misunderstood condition affecting millions of women around the world. Written with clarity, empathy, and insight, this book dives deep into the realities of living with PMDD, offering both a scientific foundation and practical tools for daily life. Drawing from the latest medical research, personal experiences, and expert advice, PMDD Uncovered provides readers with a thorough exploration of symptoms, diagnosis challenges, treatment options, and coping strategies. It emphasizes holistic management, including lifestyle changes, nutritional guidance, medication options, hormonal therapies, and mindfulness practices, while also addressing the emotional and social impact PMDD has on relationships.

careers and mental health Whether you are newly diagnosed have struggled with PMDD for years or are a loved one seeking to understand this disorder better this book serves as an essential companion It encourages readers to become active participants in their care offering worksheets self assessment tools and communication tips to foster stronger support networks and improved dialogue with healthcare providers PMDD Uncovered breaks the silence surrounding this often ignored condition empowering women to advocate for themselves and reclaim their lives It is a beacon of hope affirming that with the right knowledge and support it is possible not just to survive PMDD but to thrive despite it Perfect for individuals healthcare professionals and support groups PMDD Uncovered is more than a resource it is a lifeline offering understanding validation and a path toward healing **Menstruation Disorders** Bette Michaels Parkenham,1987-01-01

**Premenstrual Dysphoric Disorder** Cassandra Workman (L.),2003 Premenstrual Dysphoric Disorder PMDD was first recognized in 1994 and is generally attributed to an imbalance in the neurotransmitters triggered by the hormonal flux of menstruation PMDD is treated with Sarafem a drug made up of the exact chemical compound as found in Prozac an antidepressant This thesis outlines PMDD and its treatment to foreground the hegemony sustained in biomedicine whereby women are literally and figuratively reduced to malfunctioning biology A comparison between clinical and lay literature reveals a major belief that women with PMDD first need to adjust their personalities prior to the condition improving PMDD has become moralized with women viewed as burdens upon their families and the medical community As a result the treatment is designed not to cure the disorder but rather to quiet the women Second an analysis of PMDD unveils the increasingly intimate relationship between biomedicine and the pharmaceutical companies in the U S and exposes how illness and profit are inexorably linked An Examination of How Clinicians Diagnose and Treat Premenstrual Dysphoric Disorder (PMDD) Stacie Coveleski,2019 *PMDD and Relationships* Liana Laverentz,2015-07-01 Based on the author's experience and the experiences of readers of her blog Living on a Prayer Living with PMDD this book offers advice for women who suffer from PMDD menstrual dysphoric disorder as well as advice for their partners The Relationship Between Premenstrual Dysphoric Disorder (PMDD) and Depression Melissa Testerman Kieffer,2005 Examines the correlative research between premenstrual dysphoric disorder PMDD and major depressive disorder MDD also investigates if PMDD deserves a unique diagnostic criteria in the DSM or in a sub heading of MDD by surveying 123 women using the Premenstrual Symptoms Screening Tool and the Beck Depression Inventory II

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