

Premenstrual Syndrome and Premenstrual Dysphoric Disorder among Jordanian Women

Abstract

The aims of this study were to detect the prevalence, severity and factors associated with Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD) among Jordanian women, and to identify the most common treatment strategies used by women to reduce the severity of PMS and/or PMDD symptoms. Data were collected from 254 women who are studying or working at a large Jordanian university using Shortened Premenstrual Assessment Form (SPAF), Perceived Stress Scale (PSS), and DSM-IV criteria for diagnosis of PMDD.

Results indicated that the prevalence of PMS and PMDD were 80.2 %, 10.2 % respectively. Abdominal cramp, lower back pain, and breast pain were reported to be the most severe symptoms associated with PMS and PMDD. Significant correlations were found between severity of premenstrual symptoms and perceived stress level, age, Body Mass Index (BMI), marital status, perception of health in general, and absent from work. Taking analgesics, increase hot fluids intake, wearing heavy and warm clothes, and lying down on the abdomen were the most frequently reported self-treatment strategies. Understanding the prevalence, severity and treatment strategies for women experiencing PMS and PMDD symptoms help in improving their quality of life and decrease their suffering from these symptoms.