

A psycho-socio-demographic study of premenstrual dysphoric disorder (PMDD) in a sample of Egyptian women

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A sample of Egyptian females (single or married, in child bearing period) were chosen randomly with inclusion criteria of: (age from 15-45 year, regular menstrual cycles),exclusion criteria of :(presence of medical or gynecological disease, being under any drug therapy)

* Equal number of students was taken from different educational years.

Aim:1-To estimate prevalence of PMDD in a sample of Egyptian women.

2-To explore symptom profile of this disorder in that sample.

3-To search for any relationship between PMDD regarding occurrence and severity with different personality and socio demographic factors.

4-To discuss establishing a public education, prevention and early intervention programs.

Design: Cross sectional study.

Methods: Patients were subjected to :

1- Eysenck personality Questionnaire. (EPQ).

2-Taylor Manifest Anxiety Scale.

3-Beck Depression Inventory. (BDI)

4-Guilford Scale.

5-Fahmy and El Sherbini.

6-Dealing with illness coping inventory.

Results:1-High prevalence in first social class.

2-High prevalence in troublesome homes.

3-Menorrhagia,dysmenorrhea,infertility and abortions were higher with PMDD.

4-Higher score for neuroticism, criminality, anxiety and depressive symptoms.

Conclusion: Symptom profile of PMDD is variable (pain-negative affectbehavioural changes-irritability-mood swings-fatigue-general aches-preference to stay at home-breast tenderness-bouts of excitement-nausea-vomiting-difficulty in concentrating palpitation-feeling of suffocation).