

# Premenstrual Syndrome in Young Girls in Diagnostic Medical Center

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## ABSTRACT

This observation study was done on 160 girls in age group of 16-22 years of University of Sargodha & Sargodha Medical College coming to Diagnostic Medical Center. Out of total 100 girls (62.5%) showed PMS. Major complaints were aches & pains, dysmenorrhea and mood disturbance.

**Keywords:** Premenstrual Syndrom, Dysmenorrhea, Mood Disturbance.

## INTRODUCTION

Premenstrual syndrome(PMS) is the occurrence of the cyclical, somatic, psychological and somatic symptoms that occur in the luteal phase of menstrual cycle and resolve by the time menstruation ceases<sup>1</sup>. Premenstrual symptoms occur in almost all women of reproductive age. In 3\_60% symptoms are severe, causing disruption to everyday life in interpersonal relationship<sup>2</sup>. The aetiology of PMS is unknown but cyclical ovarian activity and effects of estradiol and progesterone and neurotransmitter including serotonin appear to play a role<sup>3</sup>. This study was done to find out the frequency of symptoms of PMS in young girls.

## PATIENTS AND METHODS

A total of 160 girls were included in study, purposive sampling applied to select 100 girls from 16-22 years of age among students of University of Sargodha coming to Diagnostic Medical Center. Girls with medical and psychological problem excluded from study. Physical, psychological and behavioral symptoms were asked after taking consent. Statistical analysis was done.

## RESULTS

The observational study was conducted on 160 girls on age group 16-22yrs out of these 100 girls showed some symptoms of PMS thus giving a frequency of 62.5%. Table 1 show frequency of various physical symptoms, ache and pains (60%) and premenstrual dysmenorrhea (58%) were the most common physical symptoms. Table 2 shows that 70% of girls show mood disturbances. In the behavior disturbance, the loss of concentration presented in 47% of girls and absence from work was seen in 20% of students.

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Table 1: Frequency of physical symptoms (n=100)

Symptoms	n	%age
Breast tenderness	38	38
Weight gain	29	29
Change in bowel habits	36	36
Pelvic discomfort	48	48
Headache	35	35
Aches & pains	60	60
Dysmenorrhea	58	58

Table 2: Frequency of psychological symptoms

Symptoms	n	%age
Stress	52	52
Anxiety	56	56
Tiredness & Fatigue	30	30
Sleep disturbance	32	32
Irritability & increased conflicts	12	12
Mood disturbance	70	70%

## DISCUSSION

This study showed 62.5% prevalence of PMS in young girls with high frequency of dysmenorrhea, aches & pains and mood disturbances. A study done in Isra University Hospital Hyderabad, Sindh Pakistan 2006 showed 51% of PMS prevalence with high frequency of psychological symptoms<sup>4</sup>. Similar study from Khyber Teaching Hospital Peshawar showed 53% PMS prevalence according to ICD-10 Criteria. Its frequency of symptoms varied from dysmenorrhea, activity, fatigue, depression<sup>5</sup>.

The difference in prevalence could be due to difference in general community and selective groups of population is may be the medical students have more stressful life.

Other available research from UAE, USA, France report incidence of PMS between 16.4-35%<sup>6,7</sup>. While Clecker Smith and Johnson reported very high prevalent figures of 75% and 88% respectively<sup>8</sup>. Such variations are due to limitations and difference in definition of PMS, standard methods of data collection, sampling technique and type of patient population studied<sup>9, 10</sup>. PMS decreases

educational productivity, disrupts social activity and family relation<sup>11</sup>. The present result showed consistent strong relationship between PMS symptoms and interference level in all domains of women's quality of life as reported in previous western studies<sup>13,14</sup>.

## CONCLUSION

PMS is common problem in young students in this part of world. It is associated with impairment of daily activity and psychological distress symptoms. The introduction of a reproductive health component into college health education program could help in providing information, education, and support to young student.

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