

Premenstrual Dysphoric Disorder (PMDD)

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What is PMDD – a more serious form of premenstrual syndrome, causing emotional and physical symptoms with every menstrual cycle in the week or two before the period occurs. It causes a deterioration in school or work functioning, and difficulty with interpersonal relationships

Risk factors –

- Premenstrual syndrome (PMS)
- Family history of PMS, PMDD, or mood disorders
- Depression or anxiety
- Personal history of abuse, trauma, or highly stressful events

Signs and symptoms –

- Difficulty concentrating
- Abdominal bloating
- Labile mood
- Irritability
- Anxiety
- Anger
- Decreased interest in usual activities
- Feeling of overwhelm or being out of control

Diagnostic studies –

- Medical history
- Ruling out other medical conditions that may cause the symptoms
- CBC
- FSH level
- Thyroid Function Test
 - **Must exhibit at least one mood related symptom to be diagnosed**

Prevention – PMDD could be related to normal hormone functions, thus unable to be prevented

- Treating existing anxiety or depression reduces the risk of PMS progressing into PMDD

* Less than 3, Cleveland Clinic

Treatment –

- Hormone therapy: estrogen and drospirenone
- Anxiolytics, mood stabilizers, antidepressants
- Stress management; meditation / deep breathing
- Cognitive Behavioral Therapy (CBT)
- Light therapy

For further information or any questions on Premenstrual Dysphoric Disorder, contact your Ob/Gyn.

References –

Cleveland Clinic. (2023, February 2). *Premenstrual dysphoric disorder (PMDD): Prevention*. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/9132-premenstrual-dysphoric-disorder-pmdd#prevention>

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