

WHAT IS PREMENSTRUAL DYSPHORIC DISORDER?

Premenstrual Dysphoric Disorder or (PMDD) is when a woman is going through premenstrual syndrome (PMS) and it turns to a severe form where they start to experience emotional symptoms like severe mood lability, irritability, anger, depression and anxiety.

PMDD can affect more than just emotions and can affect a deterioration in the function when working or in school as well as making it difficult with interpersonal relationships.

WORK CITED

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WOMEN'S HEALTH

PREMENSTRUAL DYSPHORIC DISORDER

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Maternal Child Nursing

SIGNS/SYMPTOMS

- o Decreased interest in usual activities
- o Difficulty concentrating
- o Marked lack of energy
- o Hypersomnia or insomnia
- o A feeling of being out of control or overwhelmed
- o Abdominal bloating
- o Change in appetite (overeating)

PREVENTION

- o Treating pre-existing anxiety and/or depression to decrease chances of PMS turning into PMDD. PMDD could be related to the way hormones work and might not be preventable.
- o Only one prevention method listed according to Cleveland Clinic.

TREATMENT

- o Hormone therapy (drospirenone and estrogen)
- o Anxiolytics, antidepressants, and mood stabilizers
- o Acupuncture
- o Relaxation techniques
- o Light therapy
- o Cognitive behavioral therapy

RISK FACTORS

- o Family history of premenstrual syndrome or premenstrual dysphoric disorder.
- o Personal or family history of depression, postpartum depression, or other mood disorders.
- o Cigarette smoking
- o Personal history of trauma, abuse, or other stressful events.

DIAGNOSTIC STUDIES

- o Over the time span of a year, you must experience 5 or more PMDD symptoms each time the week before your menstrual cycle.
- o Symptoms are not related to or made worse by other health conditions.
- o Symptoms must be linked to significant distress or must affect the ability to function.

“Premenstrual Dysphoric Disorder affects up to 10% of people who have periods.”

- (Cleveland Clinic, 2025, Para. 3) -