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Prevalence of premenstrual syndrome among females in Princess Nourah Bint Abdulrahman University in Riyadh, Saudi Arabia

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Introduction: Premenstrual Syndrome (PMS) is a set of physical, emotional and behavioral symptoms that occur in cyclic pattern preceding the menstruation and are alleviated when the menstrual flow begins. PMS severity can be sufficient to result in the deterioration of interpersonal relationships and/or interference with normal activities, which remit upon onset or immediately after menstruation and not caused by any organic disease.

Materials & Method: A cross-sectional study, questionnaire-based on convenient sampling technique. The study was conducted between December 2016 and March 2017. Total of 274 females in PNU was invited to participate. The PMS severity was measured by using validated questionnaire. All questionnaires were anonymous and SPSS was used for data entry and analysis.

Results: The prevalence rate of PMS was 47.08%. The PMS symptoms were classified into emotional, psycho-behavioral symptoms and physical (somatic) symptoms; the severity of these symptoms was also classified into four categories: Not at all, mild, moderate and severe. The percent of each symptom and its severity as well as the impact of symptoms are shown. The reliability in symptoms and impact was found to be 0.87 and 0.85 for symptoms and impact, respectively. This reflects a very good reliability for both symptoms and impact used in the questionnaire. The presence and absence of PMS had an effect on visiting physician because of PMS pain (P-value=0.0001). Also there was a significance difference between those who experienced PMS and those who did not regarding taking medication (P-value=0.01), but there was no significance difference regarding type of medication used (P-value=0.1).

Conclusion: PMS was moderately prevalent and the most severe symptoms were increased sensitivity to rejection and generalized pain, the most severe functional impact of PMS symptoms was interfering with home responsibility.

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