

Prevalence and Some Determinants of Premenstrual Syndrome among a Group of Primary School Teachers in Alexandria, Egypt

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Abstract: The present study was carried out aiming to study the prevalence of Premenstrual Syndrome [PMS] among a group of teachers in Alexandria and to find out the relation between some determinants and PMS. The study was conducted on a sample of 500 primary school teachers in Alexandria through a cross-sectional approach. A pre-structured pre-tested questionnaire was used to collect the data. The Menstrual Distress Questionnaire [MDQ] developed and revised by Moos in 1991 was used to identify the type and intensity of symptoms during the premenstrual phase. Role acceptance scale was used to measure the woman's acceptance to her feminine role. The prevalence of PMS ranged from 10.6% for those having high score on pain scale to 20.6% for those having high score on arousal scale. Symptoms scales were positively correlated across the three cycle phases with the highest correlation between premenstrual and menstrual phases on both arousal and impaired concentration scales. Positive correlation was also found among the symptom scales with the highest correlation between impaired concentration and each of behavioral change and negative affect scales. Using stepwise logistic regression analysis, the most important determinants contributing for the high scoring on MDQ scales were cycle length [<24 days and >32 days], caffeine consumption, nulliparity, and unpredictable menses. Role acceptance and intrauterine device use had a protective effect against PMS symptoms.

INTRODUCTION

Premenstrual syndrome [PMS] is one of the most common disorders among women in the reproductive age.¹ Even though it has received much study and thought, it still remains an ill-defined clinical entity of unknown etiology.² The basic definition of PMS involves the occurrence of a group of physical, emotional and behavioral symptoms

during the luteal phase of the menstrual cycle only and resolve within a day or two of the onset of the menstrual flow.^{3,4}

Recently, premenstrual syndrome was included in the diagnostic and statistical manual of mental disorders [DSM-IV], in which it is termed Premenstrual Dysphoric Disorder [PDD].⁵

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