

Psychopathology in Premenstrual Dysphoric Disorder

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Abstract

Premenstrual dysphoric disorder (PMDD) is a set of subjectively unpleasant mental and somatic symptoms. Premenstrual syndrome is a common disorder experienced by up to 50% of women during reproductive age. The prevalence of severe form of PMS (PMDD) is 3 % to 8%. Psychiatric disorders in PMS patients have resulted in significant morbidity and in some cases caused resistance to the treatment process. The present study is a venture to unfold the psychopathological profile of Premenstrual dysphoric disorder patients. A sample of 105 PMDD female patients aged 18 to 35 years was taken from the patients undergoing treatment in LNJP hospital, Kurukshetra. The selected subjects were tested with Personality Assessment Inventory (PAI). The obtained data were analyzed by employing Product Moment Correlation, and Principal Component Factor Analysis. Factor analysis yielded six varimax rotated factors identified as (1) Subjective Somatic Distress and Affective Disruption; (2) Objective Distress; (3) Neurotic Spectrum; (4) Psychological Defensiveness; (5) Alcohol Abstinence and (6) Drug Dependence. Extracted factors have accounted for 57.57% of total variance. Patients with prospective confirmed PMDD seemed to suffer from psychiatric symptoms. Therefore, recognizing co-morbid psychopathology in patients with PMDD is of prime importance. All healthcare providers should be sensitive to mental status of women with PMDD.

Key words: Psychopathology, Premenstrual dysphoric disorder (PMDD)

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