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## Premenstrual symptoms in medical sciences students in Tehran

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**Aim:** To assess frequency and severity of PMS in Medical Sciences University Students in Tehran.

**Materials & Methods:** In this cross sectional study, 571 unmarried volunteer medical students, with age 17-34 years, who accommodated in dorms of one of Medical Sciences University in Tehran, were involved after filling in informed consent. Tools of study had three main parts of socio-demographic, 4<sup>th</sup> edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and Visual Analog Scale (VAS) for assessing severity of premenstrual symptoms. All ethical points were considered and approved by Research Ethics Committee of Tehran University of Medical Sciences (2012- 2013).

**Results:** Average of age was (21.63±2.63) years. 89.2% had experience of PMS. Most prevalent symptoms were, decreased interest in usual activities (85.4%), affective liability (83.8%), irritability (81.4%), lack of energy (76.3%), depressed mood or dysphoria (71.7%), concentration difficulties (68.4%), physical symptoms i.e. breast tenderness, bloating (62.3%), anxiety or tension (60.7%), marked change in appetite, overeating or food cravings (57.5%), feeling overwhelmed (53.1%), hypersomnia (58.6%) or insomnia (39.9%).

**Conclusions:** Due to high rate of PMS in Medical Sciences students, who lives in dorms, it is necessary to conduct a study for finding its associated factors, also finding safe method for prevention and solving this problem too.

## Biography

Simin Taavoni completed her BSc and MSc in Midwifery and Medical Education; PhD in Medical Education from the Faculty of Medicine, Tehran University of Medical Sciences. She is currently working as a Senior Lecturer and Researcher at Iran University of Medical Sciences (IUMS) and Research Institute for Islamic and Complementary Medicine.

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