

# **PREVALENCE OF PRE-MENSTRUAL SYNDROME AMONG YOUNG ADULT WOMEN IN PROFESSIONAL COLLEGES IN SOUTHERN KERALA**

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**Background:** Premenstrual syndrome (PMS) refers to a set of distressing symptoms experienced around the time of menstrual flow. Hormonal changes may underlie these symptoms which can lead to difficulties in day to day functioning and poor quality of life. Though common it is not usually addressed with adequate importance. The present study was carried out with the primary objective to identify the menstrual cycle characteristics in young women and to determine the prevalence of premenstrual syndrome using premenstrual syndrome screening tool for adolescents (PSST-A). **Methods:** A cross sectional study was done among 200 participants from 12 different engineering and medical colleges situated in Kollam and Thiruvananthapuram districts of Kerala. Data were collected through an online questionnaire on menstrual characteristics, pictorial blood assessment chart and premenstrual syndrome screening tool for adolescents (PSST-A), among young adult females of age 18 to 28 from 2<sup>nd</sup> January 2021 to 2<sup>nd</sup> February 2021. **Results:** Of the 200 study participants, 23 were excluded due to PCOD, Thyroid disorders and other diagnosed mood disorders. 145 participants had regular periods, 134 had painful menstruation, 34 had pain occasionally while 9 had no pain at all. 93 participants had duration of 3 to 4 days of menstrual blood flow while 19 had a duration of more than 6 days during the last 3 months. 136 participants had a menstrual cycle frequency of 25 – 38 days on an average while 6 participants had a menstrual cycle frequency of >45 days. 91 participants (47.4%) were found to have PMS based on PSST-A. **Conclusion:** Results point to high prevalence of premenstrual syndrome in almost half (47.4%) the study sample. It was often associated with heavy menstrual bleeding and painful menstruation cycle among females of age group 18 to 28 years. This points to adequate management of cases prevalent through further studies and by pharmacological or non-pharmacological means.