


*A Review of
Treatment and
Management
Modalities for
Premenstrual
Dysphoric
Disorder*

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A woman with long dark hair, wearing a vibrant pink dress and brown shoes, is captured in profile, running through a lush green field. Her hair and dress are blowing in the wind, suggesting a sense of movement and freedom. The background features rolling hills under a clear, bright sky.

Approximately 5 percent to 8 percent of women of childbearing age experience premenstrual dysphoric disorder (PMDD), which results in significant impairment of daily functioning during the week preceding menses each month.

Abstract: Premenstrual dysphoric disorder (PMDD) affects 5 to 8 percent of women and can significantly decrease their quality of life. Symptoms generally present during the late luteal phase of the menstrual cycle and can affect women emotionally, behaviorally, cognitively and physiologically. This article reviews the clinical literature on PMDD and the evidence behind various methods of symptom management. Evidence suggests that a holistic approach, including lifestyle modifications, pharmacotherapy and cognitive behavioral therapy, is most beneficial for symptom reduction and improvement in daily functioning and quality of life. DOI: 10.1111/1751-486X.12048

Keywords: PMDD | PMS | premenstrual dysphoric disorder

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