**Prevalence of premenstrual syndrome and premenstrual dysphonic disorder among thestudents of Islamic Azad University of Parand**

***Ghazale Zandi1, Khadijeh Onsory\*2, SeyedHosseinHelalat1, SaeedMirzaee2,***

***Elahe Agha Alikhani1, Maryam SadeghiHarsini2, AsiyehShahjahanpoor1***

**1*Young and Elite Researchers Club, Islamic Azad University, Parand Branch, Parand, Iran***

***2 Biology Departments, Islamic Azad University, Parand Branch, Parand, Iran***

**Abstract**

**Aims and background:**Menstrual disorders such as premenstrual syndrome(PMS) is common in adolescents and young women.Premenstrualsyndromeandpremenstrualdysphonic disorder are series ofmood swings,behavioral andphysical changes thathavea negativeimpact onemotions andperformance in women.The purpose of this study was to estimate the signs, symptoms, prevalence, frequency and severity of PMS and its effects on the life quality.

**Materials and Methods**: 116students from the Islamic Azad University of Parand were chosen randomly and asked to fill up the questionnaire. The data were analyzed by SPSS (Version 16) using logistic regression. According to the results,84.2% of the girls had disorders of PMS and out of this 62.5% hadPMS, whereas 37.5% had PMDD. Also, 80.7% of them were single and 19.3% were married which 84.78% of singles and81.81% of married women had PMS.

**Results**: There was no positive association between age, marriage status and the period of menstrual with this syndrome (P>0.05). The most common symptomsincludednervousness/irritability, abdominal and backpain, fatigue/decreasedenergy,decreasedinterest inworking relationships, stress and anxiety, jointormusclepain, tenderness andbreastpain.

**Conclusion:**Symptoms like nervousness/irritability, abdominal and back pain were observed among women andaccording to these data we came to know that physicians should pay attention not only to check for the physical signs but also for moral and behavioral signs of people with PMS.

**Key words:** Signs, Frequency, PMS, PMDD.

Corresponding author: Khadijeh Onsory:[onsory@gmail.com](mailto:onsory@gmail.com)