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STUDY OF PREMENSTRUAL SYNDROME AND PREMENSTRUAL DYSPHORIC DISORDER IN AZERBAIJAN

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**Objectives:** The study is aimed to investigate clinical and social aspects of premenstrual disorders in Azerbaijan

**Methods:** 180 women at the age 20-49 from general population have been included in the research. The study used the Premenstrual Symptoms Screening Tool to assess severity of premenstrual symptoms. The women's quality of life was evaluated with QoLS (Quality of life Scale).

**Results:** The most prevalent complaints included sleep disorders, fatigue, irritability and depressed mood. These symptoms affected work efficiency or productivity, relationships with co-workers, relationships with family members, social life activities, and home responsibilities. At the same time short-term presentation of these symptoms had limited impact on quality of life indicators attributed to long-term outcomes.

**Conclusions:** The activities on increasing awareness on premenstrual disorders are recommended as an important component of reproductive health program.