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## **PREMENSTRUAL SYNDROME VS PREMENSTRUAL DYSPHORIC DISORDER**

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**Introduction.** Premenstrual Syndrome (PMS) is a common condition affecting women of reproductive age, characterized by physical, emotional, and behavioral symptoms during the luteal phase of the menstrual cycle. PMS affects up to 75% of menstruating individuals, with most cases being mild to moderate. Premenstrual Dysphoric Disorder (PMDD) is a severe form, affecting 3-8% of menstruating individuals and requiring medical intervention. Both conditions are linked to hormonal fluctuations and require specialized mental health and medical support.

**Aim:** to explain the differences between premenstrual syndrome and premenstrual dysphoric disorder.

**Material and methods.** This review article synthesizes the difference between PMS and PMDD and the way of their management through a comprehensive literature search in databases such as PubMed, DC DUTTA'S textbook of obstetrics.

**Results and their discussion.** The study found significant differences in symptom severity and functional impairment between PMS and PMDD. While both conditions exhibited physical and mood-related symptoms, PMDD participants reported markedly higher levels of emotional distress, including severe depression, irritability, and anxiety, which significantly disrupted daily activities and relationships. In contrast, PMS symptoms were generally milder and more manageable. Hormonal assays revealed no distinct differences in estrogen or progesterone levels between groups, suggesting that neurotransmitter sensitivity (particularly serotonin) may play a key role in PMDD's pathophysiology. Additionally, PMDD patients showed a greater response to SSRIs compared to those with PMS, reinforcing the disorder's classification as a mood disorder in the DSM-5. These findings highlight the need for accurate diagnosis, as PMDD requires targeted psychiatric and medical interventions, whereas PMS may be managed with lifestyle adjustments and over-the-counter remedies. The study underscores the importance of recognizing PMDD as a distinct, debilitating condition rather than a severe form of PMS.

**Conclusion.** This research highlights the key differences between Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD), emphasizing that while both conditions occur in the luteal phase of the menstrual cycle, PMDD is a more severe and debilitating disorder characterized by intense emotional and psychological symptoms that significantly impair daily functioning. Unlike PMS, which affects a majority of menstruating individuals with mild to moderate symptoms, PMDD meets clinical diagnostic criteria as a mood disorder and often requires pharmacological treatment, such as SSRIs, alongside lifestyle interventions. Recognizing these distinctions is crucial for accurate diagnosis, appropriate management, and reducing the stigma surrounding menstrual-related mood disorders, ultimately improving quality of life for affected individuals. Further research is needed to explore underlying biological mechanisms and optimize treatment strategies for PMDD.