

## Monthly Mood Changes: PMS, PMDD

The American Psychiatric Association characterizes premenstrual dysphoric disorder (PMDD) as a severe form of Premenstrual syndrome (PMS) in which anger, irritability, and anxiety or tension are especially prominent.

**\*DSM V Symptom Inventory for PMDD:** Check the symptom below IF it is present the week prior to your period, resolves during your period and is absent after your period.

- (1)  Mood swings (Suddenly sad, tearful or increased sensitivity to rejection.)
- (2)  Irritability, anger or increased interpersonal conflicts.
- (3)  Depressed mood, feelings of hopelessness, or self-deprecating thoughts.
- (4)  Anxiety, tension, feelings of being "keyed up" or "on edge."
- (5)  Decreased interest in usual activities (e.g., work, school, friends, hobbies).
- (6)  Difficulty in concentration.
- (7)  Lethargy, easy fatigability, or marked lack of energy.
- (8)  Change in appetite, overeating, or specific food cravings.
- (9)  Change in sleep, increase or decrease.
- (10)  Feeling overwhelmed or out of control.
- (11)  Additional physical symptoms such as breast tenderness or swelling, joint or muscle pain, a sensation of "bloating," weight gain.

**Scoring:** If you checked 5 symptoms with at least one of the symptoms being either (1), (2), (3), or (4) take this inventory to your doctor for further discussion and analysis.

\*Diagnostic and Statistical Manual of Mental Disorders, 5th. Edition is published by the American Psychiatric Association and covers all mental health disorders for both children and adults.