

## عنوان مقاله:

Investigation of Self-Esteem in High School Students with Premenstrual Syndrome

## محل انتشار:

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## خلاصه مقاله:

Background: Premenstrual syndrome (PMS) is one of the most common disorders of reproductive age, and it is reported that 90%- 85% of the people are suffering from this disorder. Among the multiple symptoms of mental premenstrual syndrome, dysphoria, irritability, tension, anxiety and physical symptoms of bloating and breast pain are more common symptoms that can interfere with personal, family and community relationships. Objectives: This study aimed to evaluate the frequency of the symptoms of PMS (physical, psychological and social) and the level of self-esteem in girls with PMS in 2013. Methods: A cross-sectional study was performed on 200 girl high-school students of Shiraz city who had PMS. The study tools included demographic questionnaire, premenstrual symptoms, screening tool (PSST), (completed in two consecutive months) and Cooper Smith questionnaire. Data was analyzed by applying SPSS (version 16) and descriptive statistics. Results: The mean age of the study population was 16.34 ± 1.06. About 50.5 percent were within 14-16 years old. 11.43 ± 3.89, 12.87 ± 4.49, and 39.28 ± 16.2 were the mean scores of physical, mental and total symptoms in girls with PMS, respectively. Moderate and high levels of self-esteem were reported 53% and 47% respectively among the patients with PMS. Conclusions: The results showed that high self-esteem is decreased in patients with premenstrual syndrome. Due to the mood disorders, the subjects may avoid their perfection tendency and intensify their negative self-concept leading to low self-esteem. Different treatments, particularly psychological remedies, are required for those suffering from PMS.

## کلمات کلیدی:

Premenstrual Syndrome, Self-Esteem, Psychotic

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