

P02-378 - **PREVALENCE OF PREMENSTRUAL SYNDROME AND PREMENSTRUAL DYSPHORIC DISORDER IN GREEK NURSERY STUDENTS**

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**Objectives:** This study was designed to provide information on prevalence of premenstrual syndrome and premenstrual dysphoric disorder in Greek nursery students.

**Methods:** Premenstrual symptoms of 125 students (18-22 years old) were assessed by the Premenstrual Symptoms Screening Tool (PSST). The PSST reflects and translates categorical DSM-IV criteria into a rating scale with degrees of severity. The premenstrual symptoms were examined over the course of one menstrual cycle.

**Results:** The diagnosis of premenstrual syndrome was confirmed in 26 of 101 women (25.7%) who completed the questionnaire. Nine subjects (8.9%) met criteria for premenstrual dysphoric disorder.

**Conclusions:** This study indicates a significant prevalence of premenstrual syndrome and premenstrual dysphoric disorder in Greek nursery students. Given the associated impairment in social and occupational functioning seen in premenstrual disorders, these prevalence data provide a strong rationale for enhanced recognition and treatment of the disorders.