

Menstrual Cycle Effects on Mental Health Outcomes: An Ethnographic Study

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Abstract

Menstruation causes the body to go through a cycle of changes each month. Premenstrual syndrome, or PMS, is the term used to describe the variety of symptoms that many women experience in the weeks before and during their periods. Some women do not at all suffer from PMS symptoms. However, some women's symptoms may be crippling. We, therefore, examined the relationship between menstruation and mental health in this study and how one person can help the other. According to the current study based on a qualitative approach, 9% to 17% of women experience irritability, upset, or anxiety during their periods. Women report sleeping issues of 6% to 11%, mood swings of 9% to 16%, and bloating and pain of 9% to 16%. Between 8% and 15% of women get headaches around menstruation. Depression and period anxiety are both very typical. Premenstrual syndrome frequently includes these symptoms (PMS). Physical, emotional, and behavioural symptoms known as PMS are present during the premenstrual stage of the cycle and disappear once the period starts. In addition to food cravings, headaches, Mood swings, social withdrawal, exhaustion, and sore breasts, PMS can also cause sadness before and during periods. However, premenstrual dysphoric disorder may be to blame for significant depression before or during periods (PMDD).

Key words: Anxiety / Depression / Premenstrual dysphoric disorder / Premenstrual syndrome
Women