

FACT SHEET

I Think I Have PMDD

What to track and what diagnosis and treatment usually involve.

1 TRACK THE PATTERN

The clearest way to sort this out is daily symptom tracking across at least two menstrual cycles.

Track mood, irritability, anxiety, concentration, sleep, appetite, physical symptoms, and how much symptoms interfere with life.

2 WHAT CLINICIANS LOOK FOR

TIMING	SYMPTOMS	IMPACT
Symptoms show up in the final week before the period, improve after it starts, and are much better afterward.	At least 5 symptoms total, including at least 1 core mood symptom such as mood swings, irritability, depressed mood, or anxiety.	Symptoms cause real distress or get in the way of work, school, relationships, or daily functioning.

3 TREATMENTS THAT MAY HELP

SSRIs	HORMONAL TREATMENT	THERAPY + SUPPORT
Often a first-line treatment. Some people take them all month, and some use them only during the luteal phase.	Some combined oral contraceptives can help. More intensive hormone-suppressing treatments may be used in severe cases with specialist care.	Therapy, sleep support, exercise, and other coping strategies may help as part of the overall treatment plan.

Next step: bring your symptom tracking to a clinician who understands menstrual-cycle-related mood symptoms.