

# Menstrual Cycle Phases and Mood changes

## Abstract

The current study examined the interactive effects of mood changes and menstrual cycle phases. Participants were 138 community women who completed prospective tracking of menstrual cycle phases. Women were between the ages of 14-45 years mean age was 25.57; using the mood rating scale (MRS) once in the during menstruation, post menstrual, inter menstrual and premenstrual cycle phases. Results revealed that women showed negative mood means score is higher in paramenstruum in compare to other phases of the menstrual cycle. These findings suggest that differences in mood changes and fluctuation, and for improving diagnosis and treatment planning and evaluation.

**Keywords:** Menstrual cycle, Phases, Mood changes

## Introduction

A link between the premenstrual phase of the menstrual cycle and negative mood is often thought to be well established. This idea has a long history being first literature in 1931 by gynecologist Robert Frank and Psychoanalyst Karen Horney. A broad mood somatic premenstrual syndrome (PMS) was actively promoted by Katharine Dalton in the U.K. during the post world war II years, she implicated progesterone deficiency as its cause. During the 1960s PMS gradually supplanted Frank's earlier term of premenstrual tension and PMS continues to be the common term in developed world.

However the definition of PMS, whether referring to mood alone or mood plus physical symptoms (eg. bloating) is not clear when the term is used in both the scientific literature and in lay discussions. Currently called premenstrual dysphoric disorder (PMDD) in diagnostic and statistical manual of mental disorders. IV. Its prevalence has been estimated to occur in 3% to 9% of the adult female population though a recent, carefully conducted an even lower prevalence of 1.3% (Romans, 2012)

Romans et. al, (2012) found that 18 (38.3%) found no association of mood with any menstrual cycle phase 18 found an association of negative mood in the premenstrual phase combined with another menstrual cycle phase. and only 7 (14.9%) found an association of negative mood and the premenstrual phase,

Rossi and Rossi (1977) observed that mood pattern by menstrual Cycle phase and day of week among under graduate students 67 had women and 15 had men from a residential college age range between 18-21 years. They found that the ovulatory phase of the cycle emerges as uniquely characterized by an elevation of positive moods and a slight depression of negative moods. Similarly, Lahmeyer, Miller DeLeon-Jones (1982), found that mood and behavioural fluctuations during the menstrual cycle. Altemus Wexler (1989), Laessle, Tuschi (1990) investigated changes in mood, somatic complaints during the menstrual cycle, their higher values indicated more negative affect, somatic complaints (headache, nausea pain, breast tenderness) were significantly related to the luteal, premenstrual and menstrual phases.

## Methods

Mood refers to a prolonged emotion that colours the whole psychic life, it generally involves either depression or elation.

## Sample

The population of the present study comprised regular menstruating women. The sample was selected by employing purposive sampling technique. This was prospective study where in the sample observed for a her whole menstrual cycle in following phase, during menstruation, postmenstrual, intermenstrual and premenstrual phases. Data collected from Indore and Dhar district of M.P.



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Mood Rating Scale (MRS 1980) - Mood of the women was measured by administering mood rating scale by Rossi and Rossi (1980) MRS was administered to assess subjects mood. This scale consists of 19 items and asks subject to rate their mood over the past 24 hours. The first item measures good/ poor spirits, the second measures mood stability, and third, group preference. These three items are scored on a 4 point scale ranging from positive moods (i.e.) very poor spirits, very changeable, wanting to be alone. The remaining 16 items are mood adjectives which differentiate between somatic and psychological moods on a positive and negative dimension yielding four dimension subject marked the extent of their mood from yes/no.

All items were scored that low scores reflected positive moods (or absence of negative mood) and high scores reflected negative moods (or absence of positive moods).

The inter correlations of general mood adjectives were found to be 0.51 and 0.67 respectively.

#### **Procedure**

MRS were measured by administering the appropriate measurement tools simultaneously to four phases of the menstrual cycle of each subject i.e. during menstruation, postmenstrual, intermenstrual and premenstrual phases of the cycle.

#### **Results and Discussion**

#### **Conclusion:**

Mood affects menstrual cycle and present study also indicates that during menstruation women reported more negative moods.

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