

INPLASY

Premenstrual Dysphoric Disorder and Coping Strategies: A Systematic Review Protocol of Correlational and Comparative Studies

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Preliminary searches.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202520025

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 5 February 2025 and was last updated on 5 February 2025.

INTRODUCTION

Review question / Objective This review will aim to evaluate the evidence base for Correlational and comparative studies on premenstrual dysphoric disorder (PMDD) and its relationship to different coping strategies for managing (PMDD) symptoms and then assess the quality of the evidence.

1. What is the relationship between PMDD and coping strategies?
2. What coping strategies do women use to manage PMDD symptoms?

Rationale Women with premenstrual dysphoric disorder (PMDD) experience emotional or physical symptoms that lead to severe impairment in social and occupational areas of functioning (Biggs & Demuth, 2011). Premenstrual dysphoric disorder (PMDD) is classified as a depressive disorder Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR). The criteria require that a woman experiences five or more symptoms during the week before her period, which should lessen or

disappear in the week following the period. Symptoms include emotional changes such as sadness, crying, and tension; physical symptoms like breast tenderness and joint and muscle pain; cognitive symptoms such as difficulty concentrating; and a significant decrease in social, academic, or work activities. (American Psychiatric Association, 2022)

A qualitative study by Osborn et al showed how women with PMDD developed significant difficulties in their attempts to cope, including eating disorders, substance abuse problems and serious suicidal behaviors that are likely to further complicate the clinical picture (Osborn et al., 2020). This disorder affects 3-8% of premenopausal women (Biggs & Demuth, 2011). According to a new systematic review of global studies by Reilly et al. (2024), approximately 1.6% of women and girls suffer from premenstrual dysphoric disorder.

In a recent study conducted by Aperribai and Alonso-Arbiol (2019), they concluded that interventions that seek to train women with premenstrual syndrome on cognitive and

automatic coping strategies could be important for reducing symptoms and improving women's quality of life. Coping strategies refer to the thoughts and behaviors used to manage stressful situations' internal and external demands (Stephenson & DeLongis, 2020).

The review aims to search for evidence on studies that focus on the relationship between premenstrual dysphoric disorder (PMDD) and coping strategies, as well as the strategies women use to manage symptoms of premenstrual dysphoric disorder. The aim also is to review the quality of evidence.

Condition being studied Premenstrual Dysphoric Disorder and Coping Strategies: A Systematic Review of Correlational and Comparative Studies.

METHODS

Search strategy In February 2025, an electronic search of databases (PubMed, PsycINFO, EBSCO, ScienceDirect) will be conducted. The list of references for the included potential studies will also be checked manually.

Participant or population None.

Intervention None.

Comparator None.

Study designs to be included Correlational and Comparative Studies.

Eligibility criteria This review will include English-published articles in peer-reviewed journals that address premenstrual dysphoric disorder and coping strategies. No date restrictions will be applied for this review. Studies that targeted children or adolescents and studies conducted in languages other than English will be excluded.

Information sources PubMed, PsycINFO, EBSCO, ScienceDirect.

Main outcome(s) The relationship between premenstrual dysphoric disorder and coping strategies.

Additional outcome(s) An electronic search of databases (PubMed, PsycINFO, EBSCO, ScienceDirect) will be conducted.

Data management Inclusion and exclusion criteria The general principles published by the Centre for Reviews and Dissemination (CRD) will be followed to conduct this review, and the results will be

reported according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines of the PRISMA (Moher et al., 2009). This review will include English-published articles in peer-reviewed journals that address premenstrual dysphoric disorder and coping strategies. No date restrictions will be applied for this review. The review will exclude studies that targeted children or adolescents. Also, studies conducted in languages other than English will be excluded.

Search strategy: In February 2025, four databases (PubMed, PsycINFO, EBSCO, ScienceDirect) will be searched electronically. The list of references for the included studies will also be checked manually.

Search Terms: The search terms used will be as follows: Premenstrual Dysphoric Disorder, PMDD, Premenstrual symptoms, premenstrual syndrome, Premenstrual, Coping, Management, Coping Strategies, Coping Mechanisms, Premenstrual Dysphoric Disorder and Coping Strategies, Premenstrual Dysphoric Disorder and Coping Mechanisms, Premenstrual Dysphoric Disorder and Management, premenstrual syndrome and Coping Strategies, premenstrual syndrome and Coping Mechanisms, premenstrual syndrome and Management.

Study selection. Two phases will be involved in the selection of studies. The first one will include removing duplicates, and the titles and abstracts will be screened independently by the first author (AA) and an independent reviewer, applying inclusion and exclusion criteria. The second phase will include obtaining and examining the full texts of the promising studies for eligibility by the first author (AA) and an independent reviewer. This phase will examine the full-text reference lists as well. Any disagreement in the first screening phase will be resolved through discussion with the second author (MA) (assistant professor of clinical psychology with expertise in conducting SRs).

Data extraction. Some basic information will be gathered, such as the author's names of the included studies, the journal that published the study, and the publication date. The population will include age, gender, and sample size. The results will focus on the relationship between premenstrual dysphoric disorder (PMDD) and coping strategies and the most common coping strategies used by women with PMDD. The study methodology will include correlational-comparative. The first author (AA) will conduct data extraction.

Quality assessment / Risk of bias analysis JBI Critical Appraisal Checklist for Systematic Reviews and Research Syntheses tool will be used to assess the methodological quality of each included

study. There are 11 questions to guide the appraisal of systematic reviews or meta-analyses. Each question should be answered as “yes”, “no”, or “unclear”. Not applicable “NA” is also provided as an option and may be appropriate in rare instances. The first author (AA) will evaluate the quality of the studies, which will then be reviewed by the second author (MA). Discussions should focus on what is considered acceptable for the review's objectives regarding the study's specific characteristics (Aromataris et al., 2015).

Strategy of data synthesis A narrative synthesis will be involved. The studies will be saved to Rayyan software to help with duplicates and screens in the two phases. The titles and abstracts will be screened independently by the first author (AA) and an independent reviewer by applying inclusion and exclusion criteria. The second phase will include obtaining and examining the full texts of the promising studies for eligibility by the first author (AA) and an independent reviewer. Any disagreement in the screening phases will be resolved through discussion with the second author (MA) (assistant professor of clinical psychology with expertise in conducting SRs).

Subgroup analysis No specific subgroup analysis will be conducted.

Sensitivity analysis No meta-analysis will be done.

Language restriction English language only.

Country(ies) involved Saudi Arabia.

Keywords Premenstrual Dysphoric Disorder, Coping Strategies, Systematic Review, Correlational and Comparative Studies.

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