The profile of Thyroid dysfunctions in subjects with Premenstrual dysphoric disorder in a tertiary care centre in central kerala- A pilot study.

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BACKGROUND

Thyroid dysfunctions are usually found to be associated with psychiatric disorders¹. Although the relevance of thyroid dysfunction to bipolar disorder and other psychiatric disorder are recognized, yet the association between thyroid dysfunction and Premenstrual dysphoric disorder (PMDD) is under-emphasized .Not many studies have estimated the prevalence of thyroid dysfunctions in subjects with P M D D in the indian population. Hence to have better prognosis, knowledge about the same would be helpful.

OBJECTIVES

- 1) To estimate the prevalence of thyroid dysfunctions in subjects with Premenstrual dysphoric disorder(PMDD) in a tertiary care centre.
- 2) To Estimate the correlation between P M D D and Deliberate Self Harm.

STUDY DESIGN

Hospital based cross sectional study conducted in a tertiary care centre including all subjects between the age of 12-45 years with regular menstrual cycle presenting to psychiatry and gynecological OPD with symptoms of PMDD for a period of 6 months.

PROCEDURE

After obtaining a written informed consent , structured sociodemographic and clinical profile data ,mini international psychiatric review version 6 and DSM5 check list for PMDD² were administered to the subjects. Subjects fulfilling PMDD checklist criteria were given PMDD self rating chart for 2 consecutive months and thyroid function test of all the subjects were estimated during follow up after 2 months.

STATISTICAL ANALYSIS

The percentage of thyroid dysfunctions in subjects with premenstrual dysphoric disorder was estimated. Categorical data was analysed using chi square test. SPSS 17 version was used for data analysis. Pvalue <=0.05 was considered significant.

RESULTS

Among 30 patients with PMDD n=6 (20%) were diagnosed with mild PMDD and n=14(46.7%), n=10 (33.3%) had moderate and severe PMDD respectively. n=22 (73.3%) patients with PMDD were diagnosed to have thyroid dysfunctions. n=9 (30%) of subjects had history of deliberate self harm.

Table:1 Association of premenstrual dysphoric disorder and Thyroid dysfunction:

pmdd		TS * TD Crosstabulation				
				TD		Total
				1	2	
pmdd TS	1	Count		3	3	6
		% within pmdd	TS	50.0%	50.0%	100.0%
	2	Count		13	1	14
		% within pmdd	TS	92.9%	7.1%	100.0%
	3	Count		6	4	10
		% within pmdd	TS	60.0%	40.0%	100.0%
Total	Count		22	8	30	
	% within pmdd	TS	73.3%	26.7%	100.0%	

CONCLUSION

Thyroid dysfunction is common in premenstrual dysphoric disorder. Significant association was not found due to small sample size.

Correlation of PMDD with deliberate self harm :

REFERENCES:

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