

Poster presentation

The efficacy of vitamin B₆ for treatment of premenstrual dysphoric Mohsen Maroufi and Maryam Marofi*

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Background

Premenstrual syndrome (premenstrual tension or late luteal phase dysphoric disorder) is a complex psychological and somatic symptoms that appear in the luteal phase of the menstrual cycle and remit by beginning of menses. It seems that at least 5% of childbearing women are suffering from this disorder. To assess the efficacy of vitamin B₆ for treatment of premenstrual dysphoric disorder a double-blind placebo controlled study was done.

Materials and methods

121 women, aged 20–45 years, who had premenstrual dysphoric disorder, according to 4th. Edition of Diagnostic and Statistical Manual of Mental Disorders, entered in a randomized double-blind trial in Isfahan Sadr clinic. The subjects followed by the modified Moos Menstrual Distress Questionnaire (MMDQ) for 3 months. Data analyzed by SPSS software using paired and student-tests.

Results

In the 94 cases who completed the study, a significant superior effect of vitamin B₆ was observed than placebo on emotional (but not somatic) symptoms of premenstrual dysphoric disorder.

Discussion

It seems that vitamin B₆ is an effective drug for relief of at least some of the symptoms of the premenstrual syndrome.