

Poster presentation

## The efficacy of vitamin B<sub>6</sub> 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 B<sub>6</sub> 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 B<sub>6</sub> was observed than placebo on emotional (but not somatic) symptoms of premenstrual dysphoric disorder.

### Discussion

It seems that vitamin B<sub>6</sub> is an effective drug for relief of at least some of the symptoms of the premenstrual syndrome.