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## **ANALYSIS OF PREMENSTRUAL DYSPHORIC DISORDER INRELATIONWITH SLEEP DISTURBANCES, NUTRITIONAL BEHAVIOR AND ACADEMIC BURNOUT AMONG FEMALE MEDICAL STUDENTS.**

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**Background:** Premenstrual Dysphoric Disorder (PMDD) is a severe and debilitating form of premenstrual syndrome characterized by significant emotional, behavioural, and physical symptoms that interfere with daily activities and quality of life. It is closely linked to hormonal fluctuations during the menstrual cycle. Female medical students are particularly susceptible due to high academic pressure, irregular schedules, sleep disturbances, and unhealthy lifestyle habits. Poor sleep quality can aggravate mood disturbances, while academic burnout contributes to chronic stress and reduced coping capacity. Nutritional behaviour may also influence hormonal balance and symptom severity. Understanding the interaction between these factors is essential for early identification and management of PMDD in this high-risk population.

**Purpose:** To evaluate the association of PMDD with sleep disturbances, dietary behaviour, and academic burnout among female medical students.

**Methods and Materials:** A cross-sectional study was conducted using standardized self-administered questionnaires: Premenstrual Symptoms Screening Tool (PSST), Pittsburgh Sleep Quality Index (PSQI), Food Frequency Questionnaire (FFQ), and Copenhagen Burnout Inventory-Student Version (CBI-SV). Data were statistically analysed to determine correlations among variables.

**Results:** A significant association was found between PMDD and poor sleep quality as well as academic burnout ( $p < 0.05$ ). However, no significant relationship was observed between PMDD and nutritional behaviour.

**Conclusion:** PMDD among female medical students showed a substantial association with sleep disturbances and academic burnout, whereas nutritional behaviour did not exhibit any notable connection. These findings emphasize that the importance of implementing interventions focused on improving sleep quality and managing academic stress to enhance the overall well-being of female medical students.

**Keywords:** Premenstrual Dysphoric Disorder, Sleep Disturbances, Nutritional Behaviour, Academic Burnout, Female Medical Students.