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BIPOLAR DISORDERS Factsheet

October 2021

How is premenstrual syndrome related to bipolar disorder?

Premenstrual syndrome involves emotional and behavioural symptoms that occur during the five days before menses for at least three menstrual cycles in a row. At least one affective and one somatic symptom must be present. Affective symptoms include depression, angry outbursts, irritability, anxiety, confusion, and social withdrawal. Somatic symptoms include breast tenderness, abdominal bloating, headache and swelling of extremities.

Women with bipolar disorder and premenstrual syndrome may experience exacerbation of mood symptoms during the premenstrual phase.

What is the evidence for premenstrual syndrome in women with bipolar disorder?

Moderate quality evidence suggests there is an association between premenstrual syndrome and higher risk of bipolar disorder and mood symptom exacerbation.

For more information see the technical table

NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

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