Abstract: Premenstrual syndrome (PMS) is defined as a set of physical and psychological symptoms that occur during the Luteal phase of the menstrual cycle. Critical adolescence is one of the most critical periods of life and a big part of this period of turmoil caused by hormonal changes due to the disturbance caused by these changes. Therefore, this study was designed to reduce anxiety and depression, the most common psychiatric symptoms of the syndrome, and to improve the mental health and adolescent girls. Because these are girls the mothers and wives of the future and the main pillar of the family, thus increasing their personal and social functioning in social roles is important to perform better.

For this purpose, first, daily rating for form, have been given to total female adolescence clinic patients in Alzahra hospital of Rasht city. A total of 30 adolescence 14 to 18 years, with most symptoms of depression and anxiety were removed and re-assessment Beck’s questionnaire for anxiety and depression.

Then randomly divided into three groups, two experimental groups and one control group were selected. The first experimental group, 8-week group cognitive behavioral therapy, hypnosis, cognitive therapy group were the same for and the third group received no special treatment. Then again in all three groups completed the Beck’s questionnaires anxiety and depression. The data from the pre-test and post-test using SPSS statistical software covariance analysis and review of the results obtained:

Cognitive behavioral group treatment (CBGT) is effective on reducing depression and anxiety in adolescent girls with PMS. Cognitive group hypnotism is effective on reducing anxiety and depression in adolescent girls with PMS. CBGT compared with hypnotism group treatment is more effective in reduce anxiety and depression in different adolescent girls with PMS.

Among the practical result of this study can be applied to improve the mental health of adolescent girls, prevent substance abuse, crime and suicide them noted that it leads the mental health of families and society.

premenstrual syndrome (PMS), Cognitive group behavioral therapy, hypnotism, anxiety, depression

Presentation: Poster