

P246. The relevance of Sense of Coherence to Premenstrual Dysphoric Disorder and depression state of young women in Japan

H Okayama (JP) [1], A Kawano (JP) [2], Y Kanazawa (JP) [3], M Aoki (JP) [4]

Context? There are not few young women who have a problem of Premenstrual Dysphoric Disorder (PMDD) and depression relevant to it. These days, Sense of Coherence (SOC) which is self-stress coping ability attracts attention, and high SOC is thought that there is a tendency to catch stresses positively. We predicted that women with high SOC have low PMDD and depression state.

Objective: The purpose of this study is to clarify the relevance of SOC to PMDD and depression state of young women in Japan.

Methods: We conducted a questionnaire survey for 79 women students of university.

Participants: The subjects were 74 students (21.1±1.9 years old, 28.9±3.7 days of menstrual cycle).

Main Outcome Measures: Stress coping ability was measured with the Sense of Coherence (SOC-13) scale (Antonovsky, A., 1987) ($r=.82$). The Premenstrual Dysphoric Disorder scale was used for evaluation of the condition before menses. The Japanese version of Self-Rating Depression scale (SDS) was used for evaluation of a depression state ($r=.81$).

Results: Since the average value of SOC was 59.9, the number of High group was 37 (> 61) and Low group was 37 (< 60). As a result of correlation analysis of SOC and SDS, a significant negative correlation was found ($r=-.61$, $p<.001$). As a result of chi-squared test, a significant difference was detected between the High and Low groups of SOC in the existence of PMDD condition ($p<.01$). In terms of the SOC score, a significant difference was observed between the group without PMDD ($n=60$, 60.9 ± 10.8) and with PMDD ($n=14$, 55.0 ± 5.1 , $p<.01$).

Conclusions: The relevance of SOC to PMDD and SDS was evaluated in this study. SOC is an individual capability of coping with stresses, and it is formed at adulthood through all kinds of experiences from childhood. Therefore, even if it is the same condition of PMDD, reaction for the condition may change with individual SOC levels.

[1] University of Tsukuba, Tsukuba, [2] University of Tsukuba, Tsukuba, [3] University of Tsukuba, Tsukuba, [4] University of Kanagawa Institute of Technology, Atsugi

