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خلاصه مقاله:

Background: Premenstrual syndrome (PMS) is characterized by recurrent, moderate-to-severe affective, physical, and behavioral symptoms that develop during the luteal menstrual cycle and disappear within a few days of menstruation. Objectives: This article aims to identify the effects of relaxation, positive self-talk, and a combination of relaxation and positive self-talk on premenstrual syndrome. Methods: In this quasi-experimental study, ۸۰ women with PMS disorder were selected using a simple random sampling method, in Hamadan, west of Iran. They were randomly divided into four groups. The first and second groups underwent positive self-talk and relaxation, respectively. The third group experienced positive self-talk and relaxation at the same time. The fourth group did not receive any treatment. The duration of treatment was ۸ one-hour sessions. Data were collected using a PMS symptom severity questionnaire. All groups were followed up for six months after the intervention. Finally, data analysis was performed using SPSS version ۱۸ for ANCOVA and Bonferroni tests. Results: The results showed that compared to the control group, relaxation (۲۳.۲) and positive self-talk (۲۱.۲۵) treatment methods alone can reduce PMS ($P < ۰.۰۰۱$). On the other hand, a combined (relaxation + positive self-talk) treatment method (۱۳.۷۵) was more effective in reducing PMS compared to relaxation or positive self-talk alone. Conclusions: It seems that psychological therapy based on relaxation and positive self-talk can be significantly effective in reducing PMS.

کلمات کلیدی:

Relaxation, Positive Self-Talk, Premenstrual Syndrome

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