## **Review 2009: Psychological therapies**

### **Psychological intervention for premenstrual syndrome: a meta-analysis of randomized controlled trials**

**Link:** <https://pubmed.ncbi.nlm.nih.gov/18852497/>

**Year:** 2009

**Pubmed classification:** Meta-analysis.

**Further review information:** Systematic review.

**Objective:** To determine the efficacy of psychological interventions for premenstrual syndrome.

**Number of studies and types of papers:** 9 randomized trials, of which 5 tested cognitive behavioural t herapy, contributed data to the meta-analyses.

**Inclusion criteria:** We systematically searched and selected studies that enrolled women with premenstrual syndrome, in which investigators randomly assigned them to a psychological intervention or to a control intervention. Trials were included irrespective of their outcomes.

**Research quality:** Low quality evidence due to design and implementation weaknesses of the studies, and possible reporting bias.

**Statistical analysis methods:** Meta-analyses were conducted where possible.

**Efficacy outcomes:** The evidence suggests that cognitive behavioural therapy significantly reduces both anxiety (effect size [ES] = -0.58; 95% confidence interval [CI] = -1.15 to -0.01; number needed to treat [NNT] = 5), and depression (ES = -0.55; 95% CI = -1.05 to -0.05; NNT = 5), and also suggests a possible beneficial effect on behavioural changes (ES = -0.70; 95% CI = -1.29 to -0.10; NNT = 4) and interference of symptoms on daily living (ES = -0.78; 95% CI = -1.53 to -0.03; NNT = 4). Results provide much more limited support for monitoring as a form of therapy and suggest the ineffectiveness of education.

**Conclusion:** Low quality evidence from randomized trials suggests that cognitive behavioural therapy may have important beneficial effects in managing symptoms associated with premenstrual syndrome.