

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 therapy, 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.