Premenstrual syndrome (PMS) is a common disorder during women's reproductive ages, which are characterized by a range of cyclical physical and psychological symptoms.

Aim: To determine the frequency and severity of PMS in dorm students

Method: In this cross-sectional study, 571 volunteer medical students, with age 17-34 years, who accommodated in dorms of one of Medical Sciences University in Tehran, were involved after filling in informed consent. Study questionnaire had three main parts of socio-demographic, 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) and visual analog scale (VAS) for assessing severity of premenstrual symptoms.

Results: Average of age was (21.63 ± 2.63) years. 89.2% had experience of PMS. Most prevalent symptoms were, decreased interest in usual activities (85.4%), affective liability (83.8%), irritability (81.4%), lack of energy (76.3%), depressed mood or dysphoria (71.7%), concentration difficulties (68.4%), physical symptoms i.e. breast tenderness, bloating (62.3%), anxiety or tension (60.7%), marked change in appetite, overeating, or food cravings (57.5%), feeling overwhelmed (53.1%), hypersomnia (58.6%) or insomnia (39.9%).

Conclusions: Due to having experience of PMS in 89.2% of student, it is necessary to do a study for finding its associated factors, for finding the way for prevention.

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