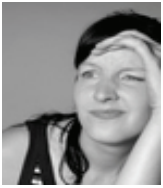


# Research Directions

Office of Research Services

## ***PMS and Relationships***



**Professor Jane Ussher and Dr Janette Perz from the School of Psychology are undertaking research to investigate Premenstrual Syndrome (PMS). This ARC Discovery project will explore the development, experience and social construction of PMS by studying women who are experiencing relationship problems.**

Professor Ussher points out that: 'There is consistent evidence that premenstrual distress is associated with relationship issues, however, to date there has been no in-depth examination of this issue, and the factors associated with it. Our research will examine whether relationship problems are the cause, or the consequence, of premenstrual distress, and assist healthcare providers to understand the development, experience and construction of PMS in the context of close family relationships'.

Participants will complete questionnaires and take part in individual and group interviews. The sample includes women from urban and rural areas, heterosexual and lesbian women, partnered and single women, and those with and without children. The participants are a representative cross-section of women with different lifestyles and degrees of access to services, educational and employment opportunities.

Professor Ussher added that: 'The outcome will be an improved understanding of pathways to PMS and provide a framework for support and prevention programs. This will result in improved psychological wellbeing and quality of life for women and their families'.

Funding has been set at \$238,000.

Project title: *An examination of the development, experience and construction of premenstrual symptoms in the context of relationships: A comparative study of relationships types and contexts.*

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