**ABSTRACT**

**Title of the study**

Effectiveness of Cognitive Behavioral Nursing Strategies on premenstrual syndrome (PMS) among adolescent girls.

**Objectives** were to evaluate the effectiveness of Cognitive Behavioral Nursing Strategies (CBNS) on premenstrual syndrome (PMS) among adolescent girls, to identify the relationship among premenstrual distress, anxiety, depression of adolescent girls and to associate selected background variables (age, BMI, class performance, exercise, menarche age, days of bleeding, heaviness of bleeding) with premenstrual syndrome.

**Methods**

The research design adopted was pretest posttest control group design. Manipulation included the interactive teaching learning- sessions that imparted knowledge on menstrual hygiene and premenstrual syndrome using an information booklet and practice of Yoga Relaxation Techniques (YRT) for 30 minutes every day for 40 school days. The study was conducted in selected schools at Thiruvallur district, schools were assigned randomly to study and control group using simple random sampling technique (lottery method) and the population included adolescent girls with PMS. Adolescent girls were screened for premenstrual distress and depression. Adolescent girls who were diagnosed to have mild, moderate or strong premenstrual distress and mild or borderline depression were selected as samples. Estimated sample size was 320 with 160 subjects in each of the groups.

The Moss Menstrual Distress Questionnaire, State Trait Anxiety Inventory, Beck Depression inventory, premenstrual syndrome knowledge questionnaire and daily
symptom dairy were used to assess premenstrual distress, anxiety, depression and knowledge among adolescents in the both group. Yoga relaxation technique performance checks list was used to assess YRT performance among study group adolescents.

Results

There were a significant difference in premenstrual distress, anxiety, depression and knowledge in the posttests compared with the pretest in the study group ($P < 0.05$). The results showed that compared with the control group there were a significant difference in the premenstrual distress, anxiety, depression and knowledge in the study group ($P < 0.05$). The results also indicated a weak positive relationship between the premenstrual distress, state anxiety and depression. In the study group, highly significant moderate negative correlations existed between YRT and state anxiety, trait anxiety, premenstrual distress and depression which indicated that YRT practice facilitated reduction of PMS symptoms. Significant association existed between BMI, class performance, place of residence, menstrual duration, pain during menstruation and habit of exercise with PMS.

Conclusion

The result highlighted CBNS to be an effective method to increase the knowledge and to reduce premenstrual distress, anxiety and depression and to promote satisfactory YRT practice towards effective management of PMS among adolescent girl.

Key Words: PMS, Yoga Relaxation Techniques, Cognitive Behavioral Nursing Strategies, knowledge, anxiety, depression.