

## How to Use the Daily Record of Severity of Problems (DRSP) Short Form to Assess DSM-IV Criteria for PMDD

These instructions and the following DSM-IV research criteria for premenstrual dysphoric disorder are intended for use by your clinician. These will assist your clinician in interpreting your two months of ratings on the DRSP.

1. During the mid-follicular phase (days 6-10 after the onset of menses), does the patient have an average daily symptoms rating score greater than 3 (mild) on any of the symptoms, i.e., is there any evidence of an unrelated disorder?

Some clinicians do not count increased appetite (8) in obese patients, or insomnia (9) for those with good reasons (e.g., infants or ill children), or pain from a physical illness (11). Note here if this patient has "excused" symptoms. \_\_\_\_\_

\_\_\_\_\_ If greater than mild symptoms during the mid-follicular phase (and they are not "excused"), patient does not meet PMDD criteria – STOP

\_\_\_\_\_ If essentially symptom free or has only "excused symptoms" during the mid-follicular phase, proceed to step 2.

2. During the week prior to menses, does the patient score at least 4 (moderate) for at least 2 days on one or more of the following:

	Yes/No		Yes/No
Depression	_____	Mood lability	_____
Anxiety	_____	Anger/Irritability	_____

\_\_\_\_\_ If all 'No,' does not meet criteria – STOP

\_\_\_\_\_ If at least one 'Yes,' proceed to step 3

3. During the week prior to menses, does the patient score at least 4 (moderate) for at least two days on at least FIVE of the symptoms (1 through 11) listed?

\_\_\_\_\_ If NO, does not meet criteria – STOP

\_\_\_\_\_ If YES, has sufficient symptoms and severity, proceed to step 4

4. During the week prior to menses, does the patient have scores of at least 4 (moderate) for at least 2 days on at least one of the following impairment items?

	Yes/No
Work, school, home, daily routine	_____
Hobbies, social activities	_____
Relationships with others	_____

\_\_\_\_\_ If all 'No,' does not meet criteria – STOP

\_\_\_\_\_ If at least one 'Yes,' proceed to step 5

5. Do you agree with the daily ratings assessment (i.e., does the patient meet criteria for Premenstrual Dysphoric Disorder)? Yes \_\_\_\_\_ No \_\_\_\_\_  
If No, specify reason(s)

\_\_\_\_\_  
\_\_\_\_\_

If Yes, is this the first or second cycle of ratings that meet criteria?

\_\_\_\_\_ First Cycle      \_\_\_\_\_ Second Cycle

Patient Name \_\_\_\_\_ Date \_\_\_\_\_ Clinician Name \_\_\_\_\_

## DSM-IV research criteria for premenstrual dysphoric disorder

This DSM-IV research criteria for premenstrual dysphoric disorder page and the instructions for using the Daily Record of Severity of Problems are **intended for use by your clinician**. These will assist your clinician in interpreting your two months of ratings on the DRSP.

- A. In most menstrual cycles during the past year, five (or more) of the following symptoms were present for most of the time during the last week of the luteal phase, began to remit within a few days after the onset of the follicular phase, and were absent in the week postmenses, with at least one of the symptoms being either (1), (2), (3), or (4):
- (1) markedly depressed mood, feelings of hopelessness, or self-deprecating thoughts
  - (2) marked anxiety, tension, feelings of being “keyed up,” or “on edge”
  - (3) marked affective lability (e.g., feeling suddenly sad or tearful or increased sensitivity to rejection)
  - (4) persistent and marked anger or irritability or increased interpersonal conflicts
  - (5) decreased interest in usual activities (e.g., work, school, friends, hobbies)
  - (6) subjective sense of difficulty in concentrating
  - (7) lethargy, easy fatigability, or marked lack of energy
  - (8) marked change in appetite, overeating, or specific food cravings
  - (9) hypersomnia or insomnia
  - (10) a subjective sense of being overwhelmed or out of control
  - (11) other physical symptoms, such as breast tenderness or swelling, headaches, joint or muscle pain, a sensation of “bloating,” weight gain

**Note:** In menstruating females, the luteal phase correspond to the period between ovulation and the onset of menses, and the follicular phase begins with menses. In nonmenstruating females (e.g., those who have had a hysterectomy), the timing of luteal and follicular phases may require measurement of circulating reproductive hormones.

- B. The disturbance markedly interferes with work or school or with usual social activities and relationships with others (e.g., avoidance of social activities, decreased productivity and efficiency at work or school).
- C. The disturbance is not merely an exacerbation of the symptoms of another disorder, such as Major Depressive Disorder, Panic Disorder, Dysthymic Disorder, or a Personality Disorder (although it may be superimposed on any of these disorders).
- D. Criteria A, B, and C must be confirmed by prospective daily ratings during at least two consecutive symptomatic cycles. (The diagnosis may be made provisionally prior to this confirmation.)

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