

P-1004 - EVALUATION OF THE EFFECT OF OMEGA-3 FATTY ACIDS IN THE TREATMENT OF PREMENSTRUAL SYNDROME

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Objective: To evaluate the effects of Omega-3 on PMS.

Method: A randomized double blind controlled trial was performed on 184 eligible women. 124 women finally finished the study.

In the case group (n=70), Omega-3 and in the control group (n=69) placebo was prescribed.

Results: There were no significant differences between the two groups according to age, BMI, level of education, and the severity and duration of primary symptoms.

45 days after commencing Omega-3, the mean severity of depression (1.85 ± 0.73 vs 3.72 ± 0.65 , $P=0.03$), anxiety (1.53 ± 1.04 vs 4.07 ± 0.91 , $P=0.02$), lack of concentration (2.49 ± 1.26 vs 5.73 ± 1.34 , $P=0.03$) and bloating (0.95 ± 0.15 vs 2.31 ± 0.19 , $P=0.02$) in the case group, were all significantly lower than in the control group.

The duration of depression (4.25 ± 1.02 vs 7.21 ± 1.32 days, $P=0.04$) and bloating (5.53 ± 2.27 vs 8.33 ± 1.04 days, $P=0.031$) in the case group were less than in the control group.

90 days after commencing the treatment, the mean severity of depression (0.95 ± 0.75 vs 3.43 ± 0.65 , $P=0.007$), anxiety (0.79 ± 1.04 vs 3.89 ± 0.91 , $P=0.004$), lack of concentration (1.48 ± 1.26 vs 5.63 ± 1.34 , $P=0.009$), bloating (0.74 ± 0.15 vs 2.14 ± 0.19 , $P=0.004$), nervousness (2.15 ± 0.93 vs 6.09 ± 0.86 , $P=0.01$) and the duration of depression (2.12 ± 0.25 vs 7.46 ± 0.02 , $P=0.01$), nervousness (2.04 ± 0.39 vs 6.33 ± 1.45 , $P=0.02$), anxiety (4.45 ± 1.02 vs 8.23 ± 1.94 , $P=0.03$), lack of concentration (2.16 ± 0.26 vs 5.55 ± 1.02 , $P=0.02$), bloating (3.32 ± 1.01 vs 8.38 ± 2.32 , $P=0.004$), headache (2.12 ± 0.94 vs 4.28 ± 1.58 , $P=0.04$) and breast tenderness (4.35 ± 1.31 vs 7.85 ± 2.08 , $P=0.02$) were lower in the case group.

Conclusion: Omega-3 fatty acids reduces the symptoms of PMS.