

Online-Veranstaltung "Prämenstruelles Syndrom – „natürlich“ Frau und ICD 11"

Deutsche Gesellschaft für Verhaltenstherapie (DGVT) e. V.

Fachgruppe "Frauen* in der psychosozialen Versorgung" - 28.01.2025

Referentinnen: Prof. Dr. Christine Kühner, Sibel Nayman, M.Sc., Psych.

Literaturliste / Links zur PMDS

- American College of Obstetricians and Gynecologists (ACOG, 2023) Management of Premenstrual Disorders. Clinical Practice Guideline No. 7. *Obstetrics and Gynecology*, 142, 6, Dec. 2023.
- Beddig, T., & Kuehner, C. (2017). Aktuelle Aspekte zur Prämenstruellen Dysphorischen Störung – Ein Überblick. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 67(12), 504-513.
- Dorsch, V. (2018) Die prämenstruellen Syndrome PMS und PMDS. *Gynäkologe*, 51, 110-116.
<https://doi.org/10.1007/s00129-017-4196-y>.
- Eisenlohr-Moul, T. (2019). Premenstrual disorders: a primer and research agenda for psychologists. *The Clinical Psychologist*, 72(1), 5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7193982/>
- Hantsoo, L., & Riddle, J. (2021). Treatment of Premenstrual Dysphoric Disorder (PMDD): Advances and Challenges. *Advances in Psychiatry and Behavioral Health*, 1(1), 91-106.
- Hantsoo, L., & Payne, J.I. (2023). Towards understanding the biology of premenstrual dysphoric disorder: From genes to GABA. *Neuroscience and Biobehavioral Reviews*, 149, 105168.
<https://doi.org/10.1016/j.neubiorev.2023.105168>.
- Kühner, C. & Nayman, S. (im Druck). Die Prämenstruelle Dysphorische Störung. *Die Psychotherapie*.
- Nayman, S., Schrickler, I.F., Kuehner, C. (2022). Die Prämenstruelle Dysphorische Störung: Eine neue Diagnose in der ICD-11. *Psychotherapeutenjournal* 2/2022, 138-147.
<https://www.psychotherapeutenjournal.de/>
- Nuriyeva, R., & Bachmann, A. (2022). Prämenstruelles Syndrom (PMS) und prämenstruelle dysphorische Störung (PMDS). *Journal für Gynäkologische Endokrinologie/Schweiz*, 25(1), 13-18.
<https://link.springer.com/article/10.1007/s41975-022-00232-4>
- Sikes-Keilp C, Rubinow DR (2023) GABA-ergic modulators: new therapeutic approaches to premenstrual dysphoric disorder. *CNS Drugs* 37(8):679–693

Ratgeber für Betroffene

Dorn, A., Schwenkhagen, A., & Rohde, A. (2022). *PMDS als Herausforderung: Die Prämenstruelle Dysphorische Störung als schwerste Form des PMS*. Kohlhammer Verlag.

Links zu weiteren Informationen und kostenlosen Zykluskalendern

<https://pmds-hilfe.de/>

<https://pmds.team/>

<https://iapmd.org/> (International Association for Premenstrual Disorders (PMDD, PME))

Psychoedukative Animationsvideos:

[Frauenspezifische psychische Erkrankungen - YouTube](#)

Publikationen zur Prämenstruellen Dysphorischen Störung (PMDS), AG Kühner, ZI Mannheim

2024/im Druck

Kühner, C. & Nayman, S. (im Druck). Die Prämenstruelle Dysphorische Störung. *Die Psychotherapie*.

Nayman, S., Schrickler, I. F., Reinhard, I., Dreer, J. K., Richter, A. S., & Kuehner, C. (2024a). State and trait cognitions differentially affect cyclicity of mood and cortisol in individuals with and without Premenstrual Dysphoric Disorder. *Journal of Psychopathology and Clinical Science*, 133(4), 309–320. <https://doi.org/10.1037/abn0000894>

Nayman, S., Schrickler, I. F., Reinhard, I., Grammatikos, I., & Kuehner, C. (2024b). Induced Rumination and Mindful Self-focus in Daily Life across the Menstrual Cycle in Women with and without Premenstrual Dysphoric Disorder. *Behaviour Research and Therapy*, 183, Article 104630. <https://doi.org/10.1016/j.brat.2024.104630>

Nayman, S. & Kuehner, C. (2024). Premenstrual Dysphoric Disorder and Ruminaton. In C. R. Martin, V. B. Patel, V. R. Preedy and R. Rajendram (Eds.), *Handbook of the Behavior and Psychology of Disease*. Springer Nature.

2023

Nayman, S., Schrickler, I. F., Reinhard, I., & Kuehner, C. (2023a). Childhood adversity predicts stronger premenstrual mood worsening, stress appraisal and cortisol decrease in women with Premenstrual Dysphoric Disorder. *Frontiers in Endocrinology*, 14, 1278531.

Nayman, S., Beddig, T., Reinhard, I., & Kuehner, C. (2023b). Effects of cognitive emotion regulation strategies on mood and cortisol in daily life in women with premenstrual dysphoric disorder. *Psychological Medicine*, 53(11), 5342-5352.

Nayman S, Konstantinow DT, Schrickler IF, Reinhard I, Kuehner C. (2023c). Associations of premenstrual symptoms with daily rumination and perceived stress and the moderating effects of mindfulness facets on symptom cyclicity in premenstrual syndrome. *Arch Womens Ment Health*, 26(2), 167-176.

2022

Nayman, S., Schrickler, I. F., & Kühner, C. (2022). Die Prämenstruelle Dysphorische Störung (PMDS): Eine neue Diagnose in der ICD-11. *Psychotherapeutenjournal*, 2, 138-147.

2021

Kuehner, C., & Nayman, S. (2021). Premenstrual exacerbations of mood disorders: findings and knowledge gaps. *Current Psychiatry Reports*, 23(11), 1-11.

2020

Beddig, T., & Kuehner, C. (2020). Ambulatory Assessment Characteristics Predict the Clinical Course of Premenstrual Dysphoric Disorder. *Psychotherapy and Psychosomatics*, 89(6), 393-395.

Beddig, T., Reinhard, I., Ebner-Priemer, U., & Kuehner, C. (2020). Reciprocal effects between cognitive and affective states in women with Premenstrual Dysphoric Disorder: An Ecological Momentary Assessment study. *Behaviour research and therapy*, 131, 103613.

2019

Beddig, T., Reinhard, I., & Kuehner, C. (2019). Stress, mood, and cortisol during daily life in women with Premenstrual Dysphoric Disorder (PMDD). *Psychoneuroendocrinology*, 109, 104372.

2017

Beddig, T., & Kuehner, C. (2017). Current aspects of premenstrual dysphoric disorder-a review. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 67(12), 504-513.

Kuehner, C. (2017). Why is depression more common among women than among men? *The Lancet Psychiatry*, 4(2), 146-158.