

## **P-1003 - EFFECTS OF GROUP COUNSELING WITH COGNITIVE-BEHAVIOURAL APPROACH ON REDUCING PREMENSTRUAL SYNDROME**

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**Introduction:** Women suffering from Premenstrual syndrome (PMS) tend to have negative attitudes towards their own psychological changes. Negative attitudes and inappropriate adaptive reactions may bring about physiological consequences.

**Objective:** This study aimed to investigate the effectiveness of counseling with cognitive - behavioural approach on reducing PMS depression and psychological-physiological symptoms.

**Methods:** The research method was quasi experimental with pre test-post test design and control group. A sample of 34 women was selected by available sampling method as the statistical sample and was randomly assigned into two groups named control and intervention. Hypotheses were tested by co-variance analysis.

**Result:** Results indicated that the post-test values have been affected by the independent variable ( $F=113.24$ ,  $P< 0.05$ ).

**Conclusions:** The results of study showed that cognitive-behavioural therapy had positive effects on PMS depression and psychological-physiological symptoms of female staff of Science and Industry University reducing their complications.