

SÍNDROME DISFÓRICO PREMENSTRUAL EN ADOLESCENTES DE UN COLEGIO DE SOLEDAD (ATL, CO) EN EL 2019-1

Nombre de los estudiantes

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RESUMEN:

Introducción: El 80% de las mujeres en jóvenes presenta Síndrome premenstrual (SDPM) pero en algunas mujeres se presenta con severidad y puede constituir un desorden grave que 4 – 10% de las adolescentes. Los síntomas pueden ser tan severos que impacta sobre la vida diaria de la mujer afectando sus diferentes áreas diarias como es la interpersonal, social y laboral, cuando describimos estos desordenes tenemos que tener en cuenta que los síntomas involucran tres aspectos importantes: emocional, físico y conductual.

Objetivo: Evaluar el trastorno síndrome disfórico premenstrual en adolescentes de un Colegio de Soledad (Atl, Co) en el 2019-1 y su posible relación con factores alimenticios, nutricionales, antecedentes familiar y manifestaciones clínicas.

Metodología: Se hizo un estudio descriptivo, en una institución educativa de Soledad (Atl, CO). Se aplicó una encuesta estructurada de 36 preguntas (Alpha de Cronbach: 95%). La muestra fueron 375 estudiantes, en Adolescencia temprana (11 – 14 años) y tardía (15 – 18 años), de los grados académicos 6 a 11 grado, que hubiesen tenido Menarquia y contado con la aceptación por los padres y la estudiante. Se evaluaron Datos sociodemográficos, Hábitos Alimenticios, Consumo de Sustancias psicoactivas “legales”, Antecedentes patológicos familiar, Sintomatología y Escala del Dolor. Esto se realizó en R.

Resultados: El 67% Eran adolescentes tempranas, en normopeso (62,57/) de acuerdo a Índice de Masa corporal. En su mayoría Mestizas (87%). No se

encontró asociación entre el IMC con la Edad o Raza. La alimentación fue mixta y balanceada y no se encontró una preferencia de alimentación por parte del Grupo evaluado. El 84% manifestó sentir dolor premenstrual, de estas el 74% tenía antecedentes patológicos. La escala del dolor fue de moderado a severo y el número de síntomas, así como la gravedad del sintomática.

Conclusiones: La presentación del SDPM en las adolescentes tiene múltiples manifestaciones y es simultáneo. No se encontró una relación entre la edad y la presentación, así como tampoco para los antecedentes patológicos familiares y la alimentación. A mayor intensidad de la manifestación clínica más grave es la manifestación del SDPM. Las manifestaciones están altamente correlacionadas entre sí, no limitándose solo a las físicas, sino también a las psicológicas.

Palabras clave: Síndrome disfórico premenstrual; Soledad; Dolor Menstrual; Adolescentes

Abstract

Introduction: 80% of women in young people have PMS, but in some women, it is severe and can be a serious disorder that 4 - 10% of adolescents. The symptoms can be so severe that it impacts the daily life of women affecting their different daily areas such as interpersonal, social and work, when we describe these disorders, we have to take into account that the symptoms involve three important aspects: emotional, physical and behavioral

Objective: To evaluate the premenstrual dysphoric syndrome disorder in adolescents of a College of Soledad (Atl, Co) in 2019-1 and its possible relationship with nutritional, nutritional factors, family history and clinical manifestations.

Methodology: A descriptive study was made in an educational institution in Soledad (Atl, CO). A structured survey of 36 questions was applied (Cronbach's Alpha: 95%). The sample was 375 students, in early adolescence (11 - 14 years) and late (15 - 18 years), of academic grades 6 to 11, who had had Menarquia and had the acceptance by parents and the student. Sociodemographic data, Dietary Habits, Consumption of "legal" psychoactive substances, family history, symptoms and pain scale were evaluated. This was done in R.

Results: 67% were early adolescents, in normal weight (62.57 /) according to Body Mass Index. Mostly Mestizas (87%). No association was found between BMI with Age or Race. The food was mixed and balanced and no preference for food was found by the Group evaluated. 84% said they felt premenstrual pain, of these 74% had a pathological history. The pain scale was moderate to severe and the number of symptoms, as well as the severity of the symptomatic.

Conclusions: The presentation of SDPM in adolescents has multiple manifestations and is simultaneous. No relationship was found between age and presentation, as well as for family pathological history and diet. The greater the intensity of the more severe clinical manifestation is the manifestation of SDPM. Manifestations are highly correlated with each other, not only limited to physical ones, but also to psychological ones.

Keywords: Premenstrual dysphoric syndrome; Loneliness; Menstrual pain; Teenagers

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