

Table 4 Experience of symptoms among nursing students suffering from premenstrual syndrome (*n* = 190)

Variable	No.	%
<i>Associated symptoms</i>		
Painful or tender breasts	6	3.1
Bloating or swelling of abdomen	13	6.8
Rapid mood changes	9	4.7
Depressed mood	5	2.6
(3 out of 4 symptoms)	189	99.4
<i>Symptoms disappear with menstruation</i>		
Usually	186	97.8
Sometimes	4	2.1
Never	0	0.0
<i>Symptoms reduce productivity in daily activities</i>		
Usually	114	60.0
Sometimes	60	31.5
Never	16	8.4