Answer form for the article titled “Premenstrual syndrome, a common but underrated entity: review of the clinical literature” within the scope of CME/CPD

1. Which one of the following factors is not a common characteristic of premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD)?
   a. Symptoms begin in the luteal phase of the cycle
   b. The symptoms subside after the onset of menstruation
   c. A detailed medical history of the patients’s symptoms is sufficient for confirming the diagnosis
   d. Gonadal steroids are thought to have a potential role

2. Which one of the conditions stated above should not be considered in the differential diagnosis of PMS?
   a. Anorexia
   b. Premature ovarian failure
   c. Anemia
   d. Post-traumatic stress disorder

3. Which one of the following statements is correct for PMS and PMDD?
   a. PMDD symptoms can mimic other psychiatric disorders but exacerbation of the symptoms in the luteal phase is characteristic for PMDD
   b. Patients with PMDD do not show physical symptoms
   c. PMDD is more common than PMS
   d. Only PMS has a cyclic pattern

4. Which one of the following medications is not used in the treatment of PMS/PMDD?
   a. Progesterone-receptor antagonists
   b. Exercise and relaxation techniques
   c. Combined oral contraceptive (COC)
   d. Selective serotonin reuptake inhibitors (SSRIs)

5. Which one of the statements about COC use in PMS/PMDD is correct?
   a. Biphasic COCs should be preferred
   b. COCs with second generation progestins are more effective
   c. COCs can be used continuously for the treatment of PMS/PMDD
   d. COCs should not be used simultaneously with SSRIs

6. Which one of the following statements is not correct for SSRI use for treatment of PMS/PMDD?
   a. SSRIs are efficient in reducing symptoms in 60-70% of the women
   b. Prompt cessation of treatment will cause withdrawal symptoms
   c. The correct use for SSRIs in women with PMS/PMDD should be restricted to the late luteal phase as the symptoms occur during the luteal phase
   d. The possible adverse effects of SSRIs are insomnia, nausea, somnolence
Answer form for the article titled “Premenstrual syndrome, a common but underrated entity: review of the clinical literature” within the scope of CME/CPD

People who answer these questions will receive “2 TMA-CME/CPD credits”

TMA-CME CREDITING BOARD ENQUIRY FORM

JTGGA MANUSCRIPT 2021/2

DATE

TR Identification Number

Name

Surname

Signature

Your Institution

This form will not be reviewed if TR Identification Number is not stated.

IMPORTANT NOTE: You may apply for Turkish Medical Association CME/CPD credits by answering the questions in the front page, filling in your personal information and sending this form to “Abdi İpekçi Cad. No: 2/7 34367 Nişantaşı, İstanbul” by post. This form should arrive to the above-mentioned address latest by Aug 31, 2021.