

THE

Younger

Women's Wellness Program with Premenstrual Syndrome

Research has revealed that certain lifestyle factors and health behaviours can have a positive impact upon quality of life, chronic disease risk factors and other health related areas for women with Premenstrual Syndrome.

A team of leading Australian health researchers, led by Professor Debra Anderson at Griffith University, are undertaking a project to investigate the effectiveness of a 12-week structured lifestyle program (Younger Women's Wellness with Premenstrual Syndrome Program) in improving health and wellness in young women who have Premenstrual Syndrome (PMS). The Program focuses on a range of health behaviours and has been developed especially for young women who have PMS and is based on the latest research evidence.

This is a web-based study where participants will fill an online survey at the beginning and the end of study and receive a 12-week structured Book / interactive PDF or will be given access to a smartphone application or would receive both.

The research team is currently looking for female participants who:

- Are studying at University
- Are aged 18-35 years old
- Have regular menstrual cycle from 24-34 days in the last 3 months. Suffer from PMS symptoms such as, acne, breast tenderness or feel sad, tearful, irritable, angry, anxious, depressed, fatigued or bloated a week before the menstrual cycle
- Own or have access to a smartphone or iPad or a tablet device.

The participants who complete the 12-week study will go in a draw to win one of the four \$50 Westfield gift cards.



You can participate in the survey by clicking this link, <https://is.gd/PMS101>

If you have any questions or need any further details please contact Gayatri on: gayatri.marwah@griffithuni.edu.au. Or you can visit the Griffith Health Clinics with prior appointment only.

You will be provided with further information to ensure that your decision and consent to participate is fully informed. Griffith University ethics ref no: 2018/705

