

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](mailto: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*

