PMDD | POLICY COUNCIL

Because Premenstrual Dysphoric Disorder is Too Serious to Ignore

PMDD BY THE NUMBERS

1 in 20
menstruating women and girls have PMDD

4.2 million
estimated Americans with PMDD

SUICIDE & SELF HARM

1 in 3
report having attempted suicide

51 %
report having engaged in self harm

CLINICIAN EDUCATION

up to 90%
are misdiagnosed

25%
misdiagnosed with bipolar 2

10% of clinicians
feel confident diagnosing PMDD

12 years
average time until accurate diagnosis

6 doctors
patients will see before accurate diagnosis

IMPACT

40%
more likely to miss work

22%
more likely to experience relationship disruption

27%
more likely to be unemployed

Sources: International Association for Premenstrual Disorders. "What Is PMDD?" and "Facts & Figures" ; Eisenlohr-Moul TA, et al. "Prevalence of lifetime self-injurious thoughts and behaviors in a global sample of 599 patients." BMC Psychiatry. 2022. ; Yu et al. "Premenstrual disorders and risk of sick leave and unemployment" BMJ Mental Health. 2025 ; "Association between severe premenstrual disorders and change of romantic relationship." Journal of Affective Disorders. 2024/2025; Border G, Miller YD. "Patient Perspectives of Healthcare for Premenstrual Dysphoric Disorder in Australia." Health Services Insights. 2026.