The above chart outlines the process by which a woman’s symptoms could be classified as PMS, PMDD, or some other physical or psychiatric disorder. To arrive at a decisive answer to the questions given above, clinicians must ensure that “symptoms are confirmed by at least 2 consecutive months of prospective daily symptom ratings. Daily symptom ratings must be done by the woman and can also be done by someone with whom she lives” (DSM-IV-TR 772).

Sources