# Menstrual Symptoms and Mental Health in Women With Sickle Cell Disease


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| **AUTHORS** | Ramsay, Z[1], Chin, N[1], Sharma, D[2,3], Wisdom-Phipps, M[1], Campbell, L[4], Knight-Madden, J[1], Asnani, M[1] |
| **AFFILIATION** | [1] Caribbean Institute for Health Research – Sickle Cell Unit, The University of the West Indies Mona Campus, Kingston 7, Jamaica<br>[2] Division of Transfusion Medicine, Department of Pathology, Microbiology and Immunology, Vanderbilt University Medical Center, Nashville, TN, USA<br>[3] Division of Hematology-Oncology, Department of Medicine, Vanderbilt University Medical Center, Nashville, TN, USA<br>[4] Department of Obstetrics and Gynecology, Faculty of Medical Sciences, The University of the West Indies Mona Campus, Kingston 7, Jamaica |


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**OBJECTIVE**

Examine whether heavy menstrual bleeding and menstrual pain are associated with risk of depression or anxiety.

**METHODS**

The study assessed women with sickle cell disease during two menstrual phases using validated symptom and quality-of-life measures.

**RESULTS**

Among 125 women, 44.8% screened at risk for major depression and 39.2% for generalised anxiety. Greater menstrual pain was associated with higher odds of depression risk (OR 1.1).

**CONCLUSION**

The authors highlighted mental health screening and multidisciplinary care for women with severe menstrual pain.