

# THE EFFECT OF GUIDED IMAGERY ON PREMENSTRUAL SYNDROME

NCT07202650

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Baskent University
Enrollment	48 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Regular menstrual cycles (21-35 days over the last three cycles)
- Age 18 years or older
- No medical treatment for PMS
- Ability to communicate effectively in Turkish
- No psychiatric diagnosis or gynecological disorder (e.g., abnormal uterine bleeding, myoma, ovarian cysts)
- ... and 2 more (see full listing online)

### Exclusion (4)

- Failure to perform guided imagery at the correct time or in the prescribed manner
- Irregular menstruation during the last three months
- Use of contraceptives
- Use of analgesics during menstruation while participating in the study

## Locations (1 total)

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Ba\_kent University, Ankara, Turkey (Türkiye)