

## **Premenstrual Dysphoric Disorder**

### **Media Conference: Mental Health and Hormonal Contraceptives**

#### *Trainee Guide*

#### **Contributors**

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#### **Overview**

The ability to field patient questions arising from popular culture is an important professional skill for trainees. In particular, trainees should be able to explain and interpret data and statistics cited in the lay media in an accurate, reassuring, and clinically relevant manner.

This session consists of three parts: 1) reviewing and critiquing a piece on the menstrual cycle from the popular media (such as from newspaper articles or social media); 2) appraising a contrasting piece of medical literature; 3) role playing a psychiatrist/patient interaction about how to communicate this topic to a lay audience.

The aim of reviewing the medical literature is to compare peer-reviewed findings with the information portrayed in the media. For this exercise, the most relevant parts of medical literature are the abstract, the introduction, and the discussion.

The aim is to identify the gaps between the information presented by the media compared with medical literature.

Sessions last approximately 30 minutes, but can be modified depending on the number of media items and articles selected. The media conference is designed for PGY-1 psychiatry residents, but can be tailored to any resident trainee. A small group setting with time and space to work within break-out format is recommended.

#### **Learning Objectives**

By the end of this module, participants will:

- Demonstrate the ability to analyze issues related to mental health and hormonal contraceptives, as portrayed in the lay media
- Locate and analyze relevant scientific literature as it relates to mood changes associated with the menstrual cycle
- Communicate thoughtfully and accurately with a lay audience (e.g. a patient in a reproductive psychiatry consultation)

#### **Structure of the Session**

1. Review of media items (10 minutes): Faculty and residents together will review the media item(s)
2. Review of medical literature (10 minutes): Faculty and residents together will briefly assess the comparable medical literature using a structured format
3. Large group discussion (10 minutes)



## **Presentation of Media Items**

### **Main Media Item**

- 1) "Birth control is turning women into hormonal messes"

<https://nypost.com/2016/10/13/my-birth-control-made-me-suicidal/>

### **Supplemental Reading:**

- 1) "Is Birth Control Depressing the Hell Out of You?"

<https://www.manrepeller.com/2016/09/birth-control-depression.html>

- 2) "The Weird Ways Birth Control Can Impact Your Mood"

<https://www.self.com/story/birth-control-side-effects-mood-depression>

## **Critique of Media Coverage**

1. What is the central claim of these media pieces?
2. How do these media pieces influence (and potentially bias) the lay reader?
3. What is the "face validity" of the article?

## **Appraisal of Scientific Literature**

Yonkers, Kimberly, A., et al. "Efficacy of a New Low-Dose Oral Contraceptive With Drospirenone in Premenstrual Dysphoric Disorder". *Obstetrics & Gynecology*, vol. 106, no. 3, September 2005, pp. 492-501. doi: 10.1097/01.AOG.0000175834.77215.2e.

1. What is the study design?
2. Who were the patients?



3. What were the placebo and the active arms?
4. What were the main outcomes being studied?
5. What were the conclusions?
6. What are the limitations of this study?
7. How are the main conclusions drawn from the study different from the media article?