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🌐 Key Components of Psychological Interventions for improving outcomes for women with dysmenorrhea: A scoping review

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Disclaimer

NA

Abstract

Dysmenorrhea, characterized by painful menstrual cramps of uterine origin, represents a prevalent gynecological condition associated with substantial morbidity, significantly impacting women's quality of life and productivity. Several reviews and meta-analyses have investigated the effectiveness of psychological interventions in managing dysmenorrhea, and the evidence suggests that psychological interventions could hold promise in alleviating pain and improving overall well-being in women with dysmenorrhea. Despite growing recognition of the potential benefits of psychological interventions for dysmenorrhea, there remains a lack of clarity regarding the key components and mechanisms of action that contribute to their effectiveness. The aim of the scoping review is to examine the existing literature on psychological interventions for dysmenorrhea, with a specific focus on identifying the key components and mechanisms of action associated with improved outcomes. We expected that key components could be identified, including specific therapeutic techniques, participant engagement strategies, and the role of psychological support in alleviating symptoms.

Image Attribution

NA

Guidelines

A scoping review will be conducted to synthesize the existing literature on psychological interventions for dysmenorrhea. The review will follow the Joanna Briggs Institute methodology for scoping reviews, which includes a systematic search strategy, a rigorous screening process, and a comprehensive data extraction and synthesis approach.

Materials

Method

Study

Design

A scoping

review will be conducted to synthesize the existing literature on psychological interventions for dysmenorrhea. The review will follow the Joanna Briggs Institute methodology for scoping reviews, which includes a systematic search strategy, a rigorous screening process, and a comprehensive data extraction and synthesis approach ([Tricco et al., 2018](#)).

Inclusion criteria

Female receiving psychological interventions
for improving dysmenorrhea

Exclusion criteria

Non-psychological interventions
investigation

Procedure

Relevant

studies will be identified through a comprehensive search of electronic databases, including PubMed, Scopus, Web of Science, and PsycINFO, using predefined search terms related to dysmenorrhea, psychological interventions, and key components.

Outcome

measures

The

outcome of interest will be the identification of key components of psychological interventions associated with improved outcomes for women with dysmenorrhea, including pain reduction, psychological well-being, and overall quality of life.

1.
What specific components of psychological interventions (e.g., cognitive restructuring, relaxation techniques, mindfulness training) are most frequently associated with significant pain reduction in women with dysmenorrhea?
2.
Which key components of psychological interventions demonstrate the



strongest association with improvements in psychological well-being and overall quality of life for women experiencing dysmenorrhea?

Duration

The extraction of the existing dataset may take 1 year, followed by 2 years of data analysis.

Statistics

Statistical analysis will be performed using the Statistical Packages of Social Sciences for Windows (SPSS, Inc). Data will be presented by percentage, mean and standard deviation, and median where appropriate. Comparisons between groups will be carried out by Student T test for continuous variables and Chi-square/Fisher's exact test for categorical data. Two-tailed $P < 0.05$ will be considered significant.

1 Introduction

Dysmenorrhea, characterized by painful menstrual cramps of uterine origin, represents a prevalent gynecological condition associated with substantial morbidity, significantly impacting women's quality of life and productivity (**Proctor et al., 2007**). For many, the condition extends beyond mere physical discomfort, often precipitating emotional distress, reduced academic performance, and disruption of daily activities (**BT et al., 2017; Dawood, 2006**). The conventional management strategies for dysmenorrhea frequently encompass pharmacological interventions, such as nonsteroidal anti-inflammatory drugs and hormonal contraceptives; however, these approaches may be associated with adverse side effects and may not be suitable or effective for all women (**Direkvand-Moghadam & Khosravi, 2012**). In addition, the pharmacological interventions have potential side effects, and some women prefer alternate treatment options, such as psychological interventions, which may offer a more holistic approach to managing dysmenorrhea and its associated symptoms.

Several reviews and meta-analyses have investigated the effectiveness of psychological interventions in managing dysmenorrhea, and the evidence suggests that approaches such as cognitive-behavioral therapy, mindfulness-based interventions, and relaxation techniques may hold promise in alleviating pain, reducing psychological distress, and improving overall well-being in women with dysmenorrhea (**Rodrigues et al., 2021**). Despite growing recognition of the potential benefits of psychological interventions for dysmenorrhea, there remains a lack of clarity regarding the key components and mechanisms of action that contribute to their effectiveness. This knowledge gap impedes the development of targeted and optimized psychological interventions tailored to the specific needs and preferences of women experiencing dysmenorrhea (**Lefebvre et al., 2005**). A more in-depth understanding of the active ingredients and critical elements of psychological interventions is needed to maximize their impact and ensure their widespread implementation in clinical practice. Consequently, a scoping review is imperative to map the existing evidence base, identify key concepts and components, and discern knowledge gaps in this field.

The aim of the scoping review is to examine the existing literature on psychological interventions for dysmenorrhea, with a specific focus on identifying the key components and mechanisms of action associated with improved outcomes.

2 Objectives

1. To examine the existing literature on psychological interventions for dysmenorrhea
2. To identify the key components and mechanisms of action associated with improved outcomes

3 Study Design

A scoping review will be conducted to synthesize the existing literature on psychological interventions for dysmenorrhea. The review will follow the Joanna Briggs Institute methodology for scoping reviews, which includes a systematic search strategy, a rigorous screening process, and a comprehensive data extraction and synthesis approach (Tricco et al., 2018).

4 Eligibility

Inclusion criteria

Female receiving psychological interventions for improving dysmenorrhea

Exclusion criteria

Non-psychological interventions investigation

5 Procedure

Relevant studies will be identified through a comprehensive search of electronic databases, including PubMed, Scopus, Web of Science, and PsycINFO, using predefined search terms related to dysmenorrhea, psychological interventions, and key components.

6 Outcome Measure

The outcome of interest will be the identification of key components of psychological interventions associated with improved outcomes for women with dysmenorrhea, including pain reduction, psychological well-being, and overall quality of life.

1. What specific components of psychological interventions (e.g., cognitive restructuring, relaxation techniques, mindfulness training) are most frequently associated with significant pain reduction in women with dysmenorrhea?

2. Which key components of psychological interventions demonstrate the strongest association with improvements in psychological well-being and overall quality of life for women experiencing dysmenorrhea?

7 Statistics

Statistical analysis will be performed using the Statistical Packages of Social Sciences for Windows (SPSS, Inc). Data will be presented by percentage, mean and standard deviation, and median where appropriate. Comparisons between groups will be carried out by Student T test for continuous variables and Chi-square/Fisher's exact test for categorical data. Two-tailed $P < 0.05$ will be considered significant.

8 Ethics consideration

This scoping review poses minimal ethical concerns, as it involves the synthesis of existing, publicly available data from published studies. No primary data will be collected, and there will be no direct contact with patients or members of the public.

This study is in compliance with the Declaration of Helsinki.

9 References

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