

## JOINT EVENT

Global Public Health Congress

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Nutrition & Healthcare

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**Effects of physical activity on premenstrual syndrome in university students**

**Introduction:** Main treatment of premenstrual syndrome (PMS) which is more severe among young women is pharmacological therapy with high risk of adverse effects. In spite of demand of non-pharmacological therapy of PMS, the number of studies demonstrating the effectiveness of non-pharmacological therapy for PMS in young women is quite a few.

**Aim:** This study aimed to determine the adequate volume of physical activity on PMS in university students.

**Materials & Methods:** The study subjects included 435 female university students. Spearman rank correlation analysis was performed to analyze the exercise intensity of physical activity on PMS symptoms. Each statistical significance level was less than 5%. The mean age of subjects was  $20.5 \pm 1.2$  years. Spearman rank correlation analysis found a negative correlation ( $p=0.037$ ,  $r=-0.161$ ) between PMS symptoms and moderate physical activity, but a positive correlation ( $p=0.038$ ,  $r=0.159$ ) between PMS symptoms and inactivity.

**Findings:** These findings could help the young women preventing from or decreasing PMS symptoms at lower risk of adverse effects.

**Results:** Our results revealed that PMS symptoms had a negative relationship with moderate physical activity and a positive relationship with inactivity in university students.

**Biography**

Soyoka Yoshimi has completed her graduation ranking first in her class in the Department of Physical Therapy and Human Health Sciences from the Kyoto University. She has experience as a Physical Therapist not only in Japan but also in a foreign country. She has been to study abroad during her Master's course of Human Health Sciences almost half of year, and has continued research with abroad graduate school by her own.

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**Notes:**