



BioPsychoSocial Clinic

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## Female Mental Health – Reproductive Age

### Overview – What is Female Mental Health Care in Reproductive Age?

Women in their reproductive years often face unique and complex mental health challenges. During puberty, early adulthood, and throughout the menstrual years, hormonal fluctuations interact with psychological and social factors such as body image concerns, relationship stress, fertility expectations, identity development, and work–life demands. These dynamics can increase emotional vulnerability and contribute to symptoms of anxiety, low mood, irritability, fatigue, or cognitive difficulties.

Periods such as puberty, early adulthood, premenstrual phases, and fertility-related treatments can affect emotional balance and quality of life. The presence of chronic gynecological conditions—such as endometriosis, PCOS, and pelvic pain—may further complicate the psychological experience.

This service offers a structured psychiatric evaluation designed to clarify whether symptoms are hormonally driven, reflect underlying mood or anxiety disorders, or emerge as a combination of both. Our goal is to provide clinical clarity and build an individualized treatment plan that addresses each woman's unique biological and emotional needs.

### What to Expect

The process begins with a comprehensive assessment:

- A detailed clinical history exploring mood and behavioral changes related to the menstrual cycle, fertility concerns, and chronic pelvic pain.
- Evaluation of symptoms such as irritability, anxiety, low mood, fatigue, and cognitive complaints.
- Use of structured screening tools such as the PSST, FPI-SF, or EHP-5 when indicated.
- Clinical interpretation to clarify whether symptoms reflect hormonally driven distress, primary mood disorders, or both.
- A personalized care plan including psychoeducation, psychotherapy, or pharmacological treatment tailored to your needs.
- When needed, collaboration with gynaecologists or fertility specialists.

### **Session Format**

Each consultation lasts 45 minutes.

Sessions can be held in person or via secure video call.

A summary of recommendations is always provided at the end of the consultation.

### **Areas of Focus**

This service can support you if you are experiencing:

- Mood and anxiety symptoms linked to hormonal fluctuations
- Psychological distress related to fertility challenges or assisted reproduction
- Emotional impact of chronic pelvic pain, including endometriosis
- Difficulty coping with role expectations and relationship stress
- Sleep or concentration problems associated with hormonal sensitivity
- A desire to understand how hormonal and psychological factors interact

### **Our Approach**

We provide specialist psychiatric care with a gender-sensitive perspective, combining diagnostic expertise, therapeutic guidance, and a collaborative mindset. Our medical

background allows us to select and manage pharmacological treatments thoughtfully, with full awareness of hormonal interactions, side effects, and reproductive planning needs.

We understand that reproductive-age women face diverse and overlapping health challenges, and we aim to offer respectful, individualized support that promotes emotional well-being and psychological insight throughout this critical life stage.



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