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## Menstrual psychosis

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Menstrual psychosis is a periodic illness, in which stupor, mania, confusion or other psychotic symptoms recur in rhythm with the menses. It resembles puerperal psychosis, at 1/10th its frequency. Nevertheless, psychiatrists will occasionally encounter cases, especially if they work with postpartum or bipolar women. Over 80 well-evidenced cases have been published. Occurrence before the menarche, during amenorrhoeic phases and without a pituitary, as well as after childbirth, indicate a hypothalamic origin. Action on Menstrual Psychosis, an international link between sufferers, has members from UK, USA, Australia and New Zealand. The aim is to establish national referral centres and collaborative research.

Interested readers are referred to *Menstrual Psychosis and the Catamenial Process*. Ery Press, 2008.

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