Psychiatric, cognitive functioning and its socio-cultural view of menstrual psychosis in Oman

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Background: Menstrual psychosis is a cyclical personality change associated with the psychotic symptom which tends to return back to baseline behavior and function in between episodes. In the existing literature, menstrual psychosis has been described to manifest as premenstrual psychosis, catamenial psychosis, paramenstrual psychosis, mid-cycle or epochal menstrual psychosis. Most of the previously documented cases of menstrual psychosis largely emanated from the western population with a few exceptions. To date, there is no report from the Arabian Gulf states.

Objective*:* At our center in Oman, a case series of menstrual psychosis were examined whether they fulfill of diagnostic criteria of the *Diagnostic and Statistical Manual of Mental Disorders* and the previously established subtypes. The related aims were to assess the intellectual and cognitive functioning of menstrual psychosis and tapped into the socio-cultural perspective.

Results*:* Psychiatric evaluation revealed that the majority of patients fulfilled the criteria of *Psychotic Disorder: Not Otherwise Specified (NOS)* in DSM-IV *or other specified schizophrenia spectrum and other psychotic disorders* in DSM-5. In terms of classification of timing within the menstrual cycle, the majority fulfilled the definition of catamenial psychosis and paramenstrual psychosis. The majority of the patients performed adequately in the indices of intellectual functioning but impaired in neuropsychological domains such as processing speed, episodic memory, and executive functioning. In Oman's society, the periodicity of personality changes is attributed to spirit possession.

Conclusions*:* To our knowledge, this is the first case series elucidating the manifestation of menstrual psychosis from the Arabian Gulf. The patients were marked with neuropsychological impairments that were previously observed to be common in psychotic disorders. In the local idiom of distress, personality changes intimately related to menstrual psychosis are viewed as an altered state triggered by 'invading' possession.