

By: Howard

H.R. No. 1298

RESOLUTION

1 WHEREAS, The observance of Premenstrual Dysphoric Disorder
2 Awareness Day on November 8, 2025, provides a fitting opportunity
3 to rally support for women living with the condition; and

4 WHEREAS, Premenstrual Dysphoric Disorder is a cyclical
5 hormone-based mood disorder with mental, emotional, and physical
6 symptoms that arise each month during the premenstrual phase of the
7 menstrual cycle; PMDD presents itself one to two weeks before an
8 individual begins menstruating, and symptoms may include mood
9 swings, irritability, depression, difficulty focusing, sensitivity
10 to rejection, changes in appetite, and muscle pain; typically, the
11 disorder is diagnosed by tracking symptoms on a daily basis for two
12 or more menstrual cycles; and

13 WHEREAS, PMDD symptoms can significantly disrupt daily life
14 and exacerbate mental health issues; many women with PMDD report
15 experiencing suicidal thoughts during symptomatic times, and the
16 disorder has led to higher rates of attempted suicide and
17 self-harm; individuals experiencing the disorder may suffer from
18 frequently missed workdays, reduced productivity, strained
19 relationships, career disruption, educational setbacks, and
20 financial stress from ongoing health care needs; and

21 WHEREAS, An estimated 115 million women around the globe are
22 affected by PMDD; like most menstrual disorders, PMDD diagnoses are
23 very rare and research on the disorder is extremely limited;
24 although PMDD affects up to five percent of women of childbearing

1 age in the United States, over half of people with the disorder
2 experience misdiagnoses or dismissals from providers; due to stigma
3 surrounding mental health and menstruation, people with PMDD often
4 suffer in silence and delay care, which increases the risk of
5 negative outcomes; currently, there are no cures for the disorder,
6 and it is most commonly managed by the prescription of oral
7 contraceptives and antidepressant medications as well as through
8 lifestyle choices; and

9 WHEREAS, PMDD is a serious and life-changing health issue,
10 and the observance of Premenstrual Dysphoric Disorder Awareness Day
11 serves as a means of educating the public and promoting further
12 research on menstrual and hormone-related mood disorders; now,
13 therefore, be it

14 RESOLVED, That the House of Representatives of the 89th Texas
15 Legislature hereby recognize November 8, 2025, as Premenstrual
16 Dysphoric Disorder Awareness Day and encourage all Texans to learn
17 more about PMDD.