

**From the Interim Permanent Secretary
and HSC Chief Executive**



Craig Mealey

mealeyc@belfastcity.gov.uk

Castle Buildings
Stormont Estate
Upper Newtownards Road
BELFAST
BT4 3SQ

Tel: 028 90 520559

Email: mike.farrar@health-ni.gov.uk

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Dear Craig

Thank you for your letter of 26 May 2026, advising that a motion relating to Premenstrual Dysphoric Disorder (PMDD) has been passed and asking for any comments I have in relation to this.

I welcome the Council's recognition of PMDD Awareness Month and the important issues highlighted. PMDD is a serious and often debilitating condition, and increased awareness and understanding are essential to improving outcomes for all affected.

The General Practitioner training programme, delivered by the Northern Ireland Medical and Dental Training Agency (NIMDTA) on the Department's behalf, covers premenstrual disorders in line with the Royal College of General Practitioners curriculum. This is delivered through tutorials, case-based discussions, clinical learning, and relevant hospital placements, with additional resources available via the GPNI website.

Within other medical specialty training programmes, the Royal College of Obstetricians and Gynaecologists curriculum covers both PMDD and Premenstrual Syndrome (PMS) under the Non-emergency Gynaecology and Early Pregnancy core skill. Trainees are required to demonstrate competency in diagnosis via symptom diaries, implementing multi-step treatment, and managing psychiatric associations. Understanding of this area may be assessed as part of membership exams.

While PMDD is addressed within current training frameworks, I recognise that there remains scope for further engagement and awareness in order to strengthen understanding and visibility of this disorder. Awareness campaigns, such as that run in April, are welcome in heightening professional, and public, understanding of the condition.

Yours sincerely



MIKE FARRAR