Hormone Smart Health Promotion
A Psychological Perspective of Young and Adult Female Athletes’ Menstrual Status and Well-being

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Introduction; Despite significant health benefits associated with rigorous physical training there are also risks for female athletes. "The female athlete triad" is a well-known collection of 3 interrelated conditions of disordered eating, amenorrhea and osteoporosis. However, there is a lack of research on female athletes regarding how the female hormones are related to well-being as well as to more specific sport experience and performance from a psychological and physiological perspective. The aim of this pilot study was to examine whether the endurance female athlete at the elite level are experiencing changes in well-being related to their menstrual cycle.

Method; Participants (n = 27) were 17-39 years old elite competitor endurance female athletes within or just outside the national team. An exploratory prospective correlational study which used Billings Ovulation Method to track menstrual status and self-assessment forms to collect data.

Results; Well-being varies significantly during the menstrual cycle phases of participants.

![Well Being and Vitality during Menstrual Cycle](image)

Conclusion and Discussion; Based on the results and previous research we suggest a “hormone smart” periodization of training load to promote health, an adaptation based on biological balance and rhythm of the individual female athlete, as well as her mental and physical status.

Keywords; Female Athletes, Menstrual Cycle, Well-being.