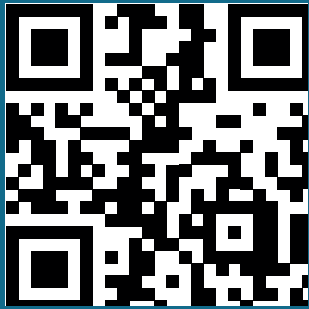


Perceived Impact of Menstrual Cycle Symptoms on Soccer Performance in Elite Female Athletes: A Cross-Sectional Study



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OBJECTIVES

Investigated perceived effects of menstrual symptoms on athletic performance in professional and academy-level female soccer players and examined the association between symptom severity and performance impairment.

KEY FINDINGS

- Physical and mental symptoms showed strong correlations with perceived performance impairment
- 56% players reported moderate to very strong performance impact
- Physical symptoms were perceived as more performance-limiting than their reported severity
- More than 50% of players adapted training during menstruation
- Findings support individualized cycle-aware training approaches

MENSTRUAL SYMPTOMS

PHYSICAL



- ABDOMINAL PAIN / CRAMPS
- FATIGUE
- BREAST TENDERNESS

MENTAL



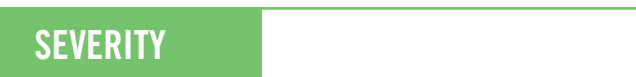
- CONCENTRATION
- MOOD
- MOTIVATION

IMPACT-SEVERITY RELATIONSHIP

PHYSICAL → IMPACT > SEVERITY



MENTAL → IMPACT ≈ SEVERITY



CYCLE-AWARE PERFORMANCE SUPPORT

ADAPTED TRAINING



- REDUCED INTENSITY
- RECOVERY FOCUS

ANALGESICS



- OCCASIONAL USE COMMON

SUPPORT STRATEGIES



- COACH-ATHLETE COMMUNICATION
- INDIVIDUALIZED PLANNING
- INCREASING AWARENESS OF CYCLE-RELATED PERFORMANCE EFFECTS