

Short Form

OMB No. 1545-1150

Form 990-EZ

Return of Organization Exempt From Income Tax

Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundation)

2019

Open to Public Inspection

Department of the Treasury Internal Revenue Service

Do not enter Social Security numbers on this form as it may be made public. By law, the IRS generally cannot redact the information on the form. Information about Form 990-EZ and its instructions is at www.irs.gov/form990.

A For the 2019 calendar year, or tax year beginning 01-01-2019, and ending 12-31-2019

- B Check if applicable: Address change, Name change, Initial return, Final return/terminated, Amended return, Application pending

C Name of organization: International Association For Premenstrual Disorders. Number and street: 6 Liberty Square 2077. Room/suite: Boston, MA02109. City or town, state or province, country, and ZIP or foreign postal code.

D Employer identification number: 47-2480088. E Telephone number: (800) 609-7633. F Group Exemption Number.

G Accounting Method: Cash (checked), Accrual Other (specify)

I Website: https://iapmd.org

H Check if the organization is not required to attach Schedule B (Form 990, 990-EZ, or 990-PF).

J Tax-exempt status (check only one): 501(c)(3) (checked), 501(c) ( ), 4947(a)(1), 527

K Form of organization: Association (checked), Corporation, Trust, Other

L Add lines 5b, 6c, and 7b to line 9 to determine gross receipts. If gross receipts are \$200,000 or more, or if total assets (Part II, column (B) below) are \$500,000 or more, file Form 990 instead of Form 990-EZ. \$ 122,889

Part I Revenue, Expenses, and Changes in Net Assets or Fund Balances (see the instructions for Part I)

Check if the organization used Schedule O to respond to any question in this Part I (checked)

Table with 3 columns: Description, Amount, and Total. Rows include Revenue (1-9), Expenses (10-17), and Net Assets (18-21). Total revenue is 122,729 and total expenses is 135,219.

For Paperwork Reduction Act Notice, see the separate instructions.

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**Part II Balance Sheets** (see the instructions for Part II)

Check if the organization used Schedule O to respond to any question in this Part II

	(A) Beginning of year	(B) End of year	
<b>22</b> Cash, savings, and investments. . . . .	49,571	<b>22</b>	32,346
<b>23</b> Land and buildings. . . . .	0	<b>23</b>	0
<b>24</b> Other assets (describe in Schedule O). . . . .	0	<b>24</b>	0
<b>25 Total assets.</b> . . . . .	49,571	<b>25</b>	32,346
<b>26 Total liabilities</b> (describe in Schedule O). . . . .	15,567	<b>26</b>	10,776
<b>27 Net assets or fund balances</b> (line 27 of column (B) <b>must</b> agree with line 21) . . . . .	34,004	<b>27</b>	21,570

**Part III Statement of Program Service Accomplishments** (see the instructions for Part III)

Check if the organization used Schedule O to respond to any question in this Part III

**Expenses**  
(Required for section 501(c)(3) and 501(c)(4) organizations; optional for others.)

What is the organization's primary exempt purpose? To inspire hope and end suffering for those affected by premenstrual disorders through peer support, education, research and advocacy.  
Describe the organization's program service accomplishments for each of its three largest program services, as measured by expenses. In a clear and concise manner, describe the services provided, the number of persons benefited, and other relevant information for each program title.

<b>28</b> Care & Support - 20K+ individuals used IAPMD's online peer support groups, while another 17k+ utilize IAPMD's free and confidential one-on-one peer support services (at iapmd.org/peer-support) (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	<b>28a</b>	34,503
<b>29</b> Education & Awareness - 259k individuals visited IAPMD.org for free information, resources, and support. Individuals downloaded more than 15k free tools in 2019. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	<b>29a</b>	66,708
<b>30</b> Research - IAPMD helped advanced research on PMDD by "cleansing" and analyzing and data from IAPMD's 2018 Global Survey of Premenstrual Disorders and working with researchers at UIC on the preprint publication of "Lifetime Prevalence of Self-Injurious Thoughts and Behaviors in a Sample of 591 Patients Reporting a Prospective Clinical Diagnosis of Premenstrual Dysphoric Disorder." (https://osf.io/zfmbg/) (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	<b>30a</b>	1,131
Advocacy & Public Policy - IAPMD expanded its role in the area of advocacy and public policy by launching a communications campaign on the World Health Organizations inclusion of PMDD in the ICD-11 in June 2019, and issuing public policy statements to help drive the advancement of care for patients with PMDD around the world. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	<b>31a</b>	297
<b>32 Total program service expenses</b> (add lines 28a through 31a) . . . . .	<b>32</b>	102,639

**Part IV List of Officers, Directors, Trustees, and Key Employees** (list each one even if not compensated - see the instructions for Part IV)

Check if the organization used Schedule O to respond to any question in this Part IV

(a) Name and title	(b) Average hours per week devoted to position	(c) Reportable compensation (Forms W-2/1099-MISC) (if not paid, enter -0-)	(d) Health benefits, contributions to employee benefit plans, and deferred compensation	(e) Estimated amount of other compensation
See Additional Data Table				

Part V Other Information (Note the Schedule A and personal benefit contract statement requirements in the

instructions for Part V.) Check if the organization used Schedule O to respond to any question in this Part V

Main form area containing questions 33 through 45b with corresponding Yes/No columns and input fields.

	<b>Yes</b>	<b>No</b>
46 Did the organization engage, directly or indirectly, in political campaign activities on behalf of or in opposition to candidates for public office? If "Yes," complete Schedule C, Part I. . . . .	<b>46</b>	No

**Part VI Section 501(c)(3) organizations only**

All section 501(c)(3) organizations must answer questions 47-49b and 52, and complete the tables for lines 50 and 51

Check if the organization used Schedule O to respond to any question in this Part VI . . . . .

	<b>Yes</b>	<b>No</b>
47 Did the organization engage in lobbying activities or have a section 501(h) election in effect during the tax year? If "Yes," complete Schedule C, Part II . . . . .	<b>47</b>	No
48 Is the organization a school as described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E . . . . .	<b>48</b>	No
49a Did the organization make any transfers to an exempt non-charitable related organization? . . . . .	<b>49a</b>	No
b If "Yes," was the related organization a section 527 organization? . . . . .	<b>49b</b>	No

50 Complete this table for the organization's five highest compensated employees (other than officers, directors, trustees and key employees) who each received more than \$100,000 of compensation from the organization. If there is none, enter "None."

(a) Name and title of each employee	(b) Average hours per week devoted to position	(c) Reportable compensation (Forms W-2/1099-MISC)	(d) Health benefits, contributions to employee benefit plans, and deferred compensation	(e) Estimated amount of other compensation
NONE				

f Total number of other employees paid over \$100,000 . . . . . **0**

51 Complete this table for the organization's five highest compensated independent contractors who each received more than \$100,000 of compensation from the organization. If there is none, enter "None."

(a) Name and business address of each independent contractor	(b) Type of service	(c) Compensation
NONE		

d Total number of other independent contractors each receiving over \$100,000. . . . . **0**

52 Did the organization complete Schedule A? **NOTE.** All Section 501(c)(3) organizations must attach completed Schedule A . . . . .  **Yes**  **No**

**Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge.**

<b>Sign Here</b>	Signature of officer	2020-11-15
	Sheila Buchert Board President	Date
Type or print name and title		

<b>Paid Preparer Use Only</b>	Print/Type preparer's name	Preparer's signature	Date	Check <input type="checkbox"/> if self-employed	PTIN
	Firm's name ▶ NOPI - Nonprofit Incubator			Firm's EIN ▶ 81-5089505	
	Firm's address ▶ 8 Yonker Pl Walpole, MA02081			Phone no.	

May the IRS discuss this return with the preparer shown above? See instructions . . . . .  **Yes**  **No**

**Additional Data****Software ID:****Software Version:****EIN:** 47-2480088**Name:** International Association For Premenstrual Disorders**Form 990-EZ, Special Condition Description:****Special Condition Description****Form 990EZ, Part IV - List of Officers, Directors, Trustees, and Key Employees**

(a) Name and title	(b) Average hours per week devoted to position	(c) Reportable compensation (Forms W-2/1099-MISC) (If not paid, enter -0-)	(d) Health benefits, contributions to employee benefit plans, and deferred compensation	(e) Estimated amount of other compensation
Sandi MacDonald Co-Founder, Board President, Executive Director	20	14,263	0	0
Amanda LaFleur Co-Founder & Director of Impact	15	10,930	0	0
Laura Murphy Program Director	15	11,390	0	0
Brett Buchert Program Coordinator	10	7,194	0	0
Adrienne Pastula Admin Assistant	5	3,828	0	0
Jessica Whetsel Social Media Assistant	2	630	0	0
Sheila Buchert Board Vice President	20	0	0	0
Kristin Drouin Non-Executive Director	1	0	0	0
Debbie Biggar Non-Executive Director	1	0	0	0
Katherine Sharpe Non-Executive Director	1	0	0	0
Tory Elsenlohr-Moul PhD Clinical Advisory Board Chair	4	1,000	0	0
Clare Louise-Knox Non-Executive Director	1	0	0	0
Catherine Attwood Non-Executive Director	1	0	0	0
Emma Bannister Non-Executive Director	1	0	0	0
Kate Duplessis MSW Non-Executive Director	1	0	0	0