

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)

2020

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 2020 calendar year, or tax year beginning 01-01-2020, and ending 12-31-2020

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 (or P. O. box, if mail is not delivered to street address) Room/suite: 6 Liberty Square 2077
Boston, MA02109 City or town, state or province, country, and ZIP or foreign postal code

D Employer identification number

47-2480088

E Telephone number

(617) 702-2929

F Group Exemption Number

G Accounting Method: Cash 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) 501(c) () (insert no.) 4947(a)(1) or 527

K Form of organization: Corporation Trust Association 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 \$ 193,480

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

Table with 3 main sections: Revenue (lines 1-9), Expenses (lines 10-17), and Net Assets (lines 18-21). Includes sub-rows for gaming and fundraising events, and inventory sales.

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	
22 Cash, savings, and investments.	32,346	22	65,738
23 Land and buildings.	0	23	0
24 Other assets (describe in Schedule O).	0	24	0
25 Total assets.	32,346	25	65,738
26 Total liabilities (describe in Schedule O).	10,776	26	32,400
27 Net assets or fund balances (line 27 of column (B) must agree with line 21)	21,570	27	33,338

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.

28 Care & Support - In 2020, over 24K individuals participated in IAPMD's online peer support groups, while another 3.8K utilized IAPMD's free and confidential one-on-one peer support service. Through the power of peer support, IAPMD seeks to fill in the gaps before, between, and after professional care and/or crisis intervention. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	28a	73,841
29 Education and Awareness - Through social media, continuing medical education, professional development, patient education, and collaborative partnerships, IAPMD is increasing patient and provider awareness and understanding of the core Premenstrual Mood Disorders (PMDs): Premenstrual Dysphoric Disorder (PMDD) and Premenstrual Exacerbation (PME) of underlying psychiatric disorders. In 2020 alone, over 389k unique visitors access IAPMD's website annually for free information, and IAPMD free tools and resources were downloaded 28K times each year. As IAPMD continues to invest in educating healthcare and mental health providers, in-person and virtual training programs continue to be developed to eliminate misdiagnosis and improve patient outcomes. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	29a	68,694
30 Research - IAPMD worked to advance research on PMDD by further "cleansing" and analyzing and data from IAPMD's 2018 Global Survey of Premenstrual Disorders and working with researchers on the preprint publication of "Patient Experiences of Health Care Providers in Premenstrual Dysphoric Disorder: Examining the Role of Provider Specialty" which will be published in The Journal of Womens Health in August 2021. Also, the organization worked with BBC Research during PMDD Awareness Month (April) to help gather the experiences of 4,000 women who suffer/ed from PMDD in the UK and beyond. This work resulted in multi-day social media coverage and digital content sharing across the BBC channels, as well as IAPMD channels. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	30a	362
Advocacy and Public Policy - IAPMD expanded its role in the area of advocacy and public policy by launching a communications effort around the COVID-19 pandemic and its impact on the PMDD community. The organization issued a public policy statement and provided guidance and resources on common concerns of our community during COVID-19. (Grants \$ 0) If this amount includes foreign grants, check here <input type="checkbox"/>	31a	95
32 Total program service expenses (add lines 28a through 31a) ▶	32	142,992

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

Form 990-EZ (2020) questions 33-45b regarding significant activities, organizational changes, income, and tax requirements.

	Yes	No
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.	46	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

	Yes	No
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	47	No
48 Is the organization a school as described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E	48	No
49a Did the organization make any transfers to an exempt non-charitable related organization?	49a	No
b If "Yes," was the related organization a section 527 organization?	49b	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.

Sign Here	Signature of officer	2021-05-07
	Sheila Buchert Board President	Date
Type or print name and title		

Paid Preparer Use Only	Print/Type preparer's name	Preparer's signature	Date	Check <input type="checkbox"/> if self-employed	PTIN
	Firm's name ▶ NOPI INC			Firm's EIN ▶ 81-5089505	
	Firm's address ▶ 83 Morse Street Suite 6 Norwood, MA02062			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
Sheila H Buchert	Board President	8	0	0	0
Tory Eisenlohr-Moul PhD	Chair, Clinical Advisory Board	4	0	0	0
Kate Duplessis MSW	Board Secretary	0	0	0	0
Catherine Attwood	Board Treasurer	1	0	0	0
Ambalika Batra PhD	Board Member	1	0	0	0
Liz Bautista	Board Member	0	0	0	0
Simon Forster MD	Board Member	0	0	0	0
Sandi MacDonald	Executive Director	0	0	0	0
Brett Buchert	Director of Impact	0	0	0	0
Laura Murphy	Director of Education & Awareness	0	0	0	0
Adrienne Pastula	Project Coordinator	0	0	0	0
Laura Teare-Jones	Education & Awareness Assistant	0	0	0	0
Krista Crane	Executive Administrator	0	0	0	0
Claire Knox	Board Member	1	0	0	0
Emma Banister	Board Member	1	0	0	0
Liisa Hantsoo PhD	Clinical Advisory Board Member	4	0	0	0
Jenni Kay Long LCSW	Clinical Advisory Board Member	2	0	0	0
Howard Li MD	Clinical Advisory Board Member	1	0	0	0
Katja Maria Schmalenberger PhD	Clinical Advisory Board Member	1	0	0	0
Courtney Sholar RN	Clinical Advisory Board Member	1	0	0	0
Kimberly Suddeath MD RD LD	Clinical Advisory Board Member	1	0	0	0
Jessica R Peters PhD	Clinical Advisory Board Member	1	0	0	0
Nicholas Panay MD	Clinical Advisory Board Member	1	0	0	0
Andrea Chisholm MD	Clinical Advisory Board Member	1	0	0	0
Rachel Forster	Chair, Youth Advisory Board	1	0	0	0
Destiny Whitaker	Jr. Chair, Youth Advisory Board	1	0	0	0
Iyoniodi Stella D Etire	Youth Advisory Board Member	1	0	0	0
Nichole Brown	Youth Advisory Board Member	1	0	0	0
Alice Kirby MS	Youth Advisory Board	1	0	0	0

Anuhya Korrapati	Youth Advisory Board Member	1	0	0	0
Miriam Stewart	Youth Advisory Board Member	1	0	0	0
Gwynne Alden	Youth Advisory Board Member	1	0	0	0
Amber Walker	Youth Advisory Board Member	1	0	0	0
Kiera Chan	Youth Advisory Board Member	1	0	0	0
Emily Duffy	Youth Advisory Board Member	1	0	0	0
Nawira Baig	Youth Advisory Board Member	1	0	0	0
Sandi MacDonald	Executive Director	25	19,126	0	0
Laura Murphy	Director, Education & Awareness	20	14,837	0	0
Brett Buchert	Team Lead, Peer Support	18	13,781	0	0
Adrienne Pastula	Project Coordinator	8	4,473	0	0