

Menstrual Disorders among Adolescent Girls in Rural Bangladesh

Based on A cohort study to estimate certain SRH-related disease burdens, and knowledge, attitude, and practices regarding selected SRHR issues of unmarried adolescents in a rural area of Bangladesh

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Background

- Approximately 75% of adolescent girls globally experience menstrual disorders, which adversely affect mental health, social participation, academic performance, and physical activity^[1,2].
- Adolescent menstrual irregularities may signal underlying conditions like PCOD, endometriosis and thyroid disorders^[3]; if persistent and untreated, may lead to long-term complications, including infertility.
- In Bangladesh, nearly 14% of adolescent girls miss school during menstruation. Moreover, half of adolescent girls report menstrual complications, but only 2/5th of them seek care from qualified physicians^[4,5].

Study Objectives

- To estimate the **prevalence** and **persistence** of different types of menstrual disorders among adolescent girls in rural Bangladesh.
- To **assess** how menstrual disorders, affect the lives of adolescent girls in rural Bangladesh.

Definitions

Dysmenorrhea	Painful menstruation
Menorrhagia	Regular menstrual cycles (21–45 days) with excessive (>80 mL) or prolonged bleeding (>7 days)
Oligomenorrhea	Menstrual cycles with an extended interval (>45 days and <6 months)
Polymenorrhea	Menstrual cycles with a shortened interval (<21 days)

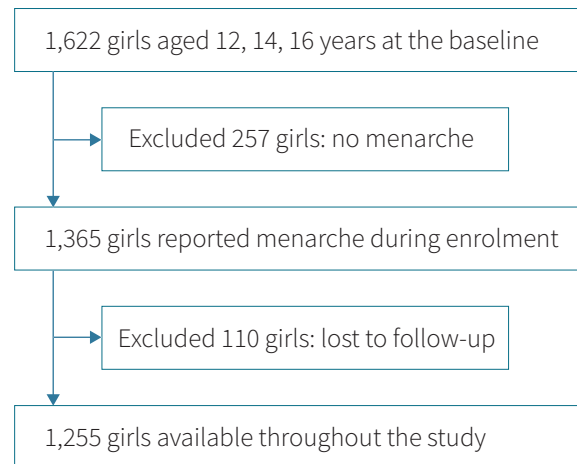
Methods

Study period:

- From June 2023 to June 2024
- Data collected in three follow-ups at four-month intervals with baseline.

Analytical sample size:

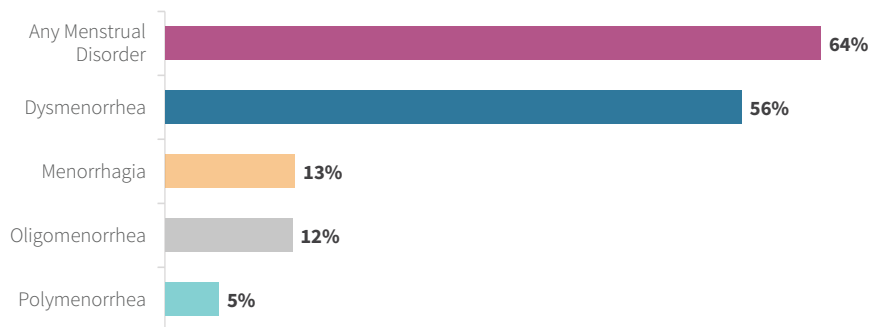
1,255 adolescent girls



Key Findings

Prevalence of menstrual disorders

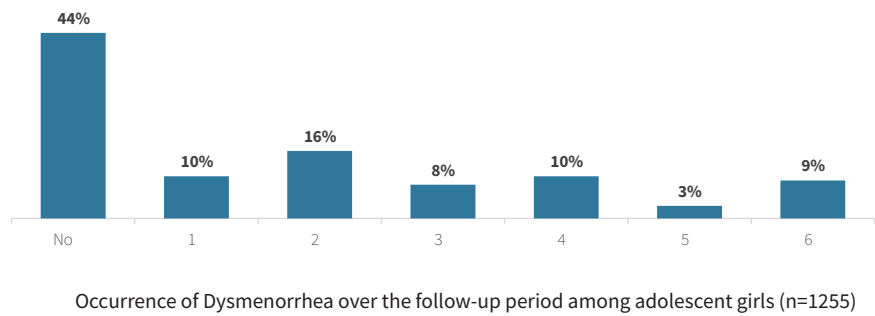
- The study identified 64% of the female adolescents with any menstrual disorder.
- Dysmenorrhea is the major menstrual disorder (56%).



Prevalence of different menstrual disorders among adolescent girls (n=1255)

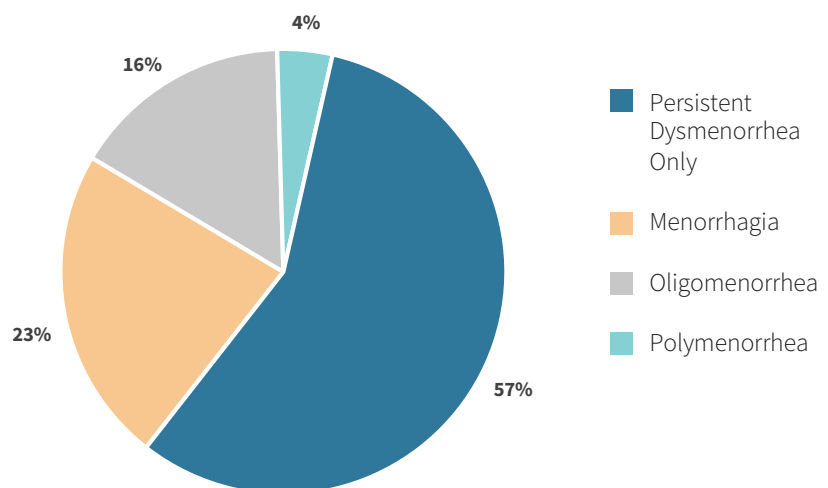
Occurrence of Dysmenorrhea

- Around one in every three girls had Dysmenorrhea in 3 or more cycles.
- Moreover, 9% of the adolescent girls were afflicted with persistent Dysmenorrhea in all 6 cycles.



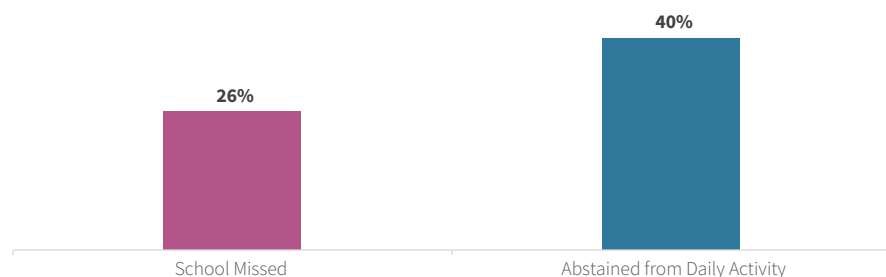
Co-morbidity of other menstrual disorders with persistent Dysmenorrhea

Among the adolescent girls with persistent Dysmenorrhea, 43% reported of having other menstrual disorders.



Effects of menstrual pain and bleeding in daily life

Due to menstrual pain and bleeding, nearly 40% of the female adolescents refrained from their daily activities, while approximately a quarter of the girls missed school for the same reasons.



What we have learned

- Menstrual disorders are highly prevalent
- Dysmenorrhea is the most frequent and persistent menstrual disorder
- Persistent dysmenorrhea is often accompanied by other menstrual disorders
- Menstrual pain and bleeding have considerable effect on education and daily life

Recommendations

- Future research efforts should emphasize on the biological causes of persistent dysmenorrhea.
- Supportive environments should be created at home, in schools, and within the community.

References

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