

عنوان مقاله:

The effect of premenstrual tension on academic performance and social interactions among Iraqi medical students

محل انتشار:

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خلاصه مقاله:

Premenstrual tension is a common public health problem that significantly affects the personal well-being, academics, and of adolescents' life quality. Consequently, the purpose of the study is to ascertain the prevalence of premenstrual tensions and evaluate its academic and social impact on Iraqi female medical students. From February ۲۰۲۲ to May ۲۰۲۲, a cross-sectional study was carried out at several institutions in Baghdad/Iraq, including (the College of Medicine, Pharmacy, and Dentistry). An online self-questionnaire was used to gather information on the premenstrual tension symptoms, menstrual pain, and academic performance of ۲۰۸۰ Iraqi female medical students. Most respondents (۷۳.۶%) experienced various premenstrual symptoms with varying degrees of severity; the most frequent symptoms were depressed mood, anger, irritability, flatulence, acne, and breast tenderness. Approximately (۴۹.۰%) of the participants experienced menstrual pain, (۷۸.۱%) reported regular menstruation, and (۴۰%) reported learning difficulties. The predominant impact on academic performance was lack of concentration (۳۹.۵%) and difficulty in work (۳۴.۰%). Among the participants, the majority of the students (۵۹.۴%) reported self-medicating with painkillers such as NSAIDs. Furthermore, the study shows that premenstrual symptoms were significantly linked with reduced academic performance and interpersonal relationships among Iraqi medical students ($P < ۰.۰۰۱$). The current study found that premenstrual tension symptoms are associated with poor educational performance and poor interpersonal relationships among Iraqi female medical students. To close the gender gap in our society for a better future, more study is required to analyze and assess the cause of premenstrual tension symptoms and therapeutic interventions.

کلمات کلیدی:

Premenstrual Tension, Social Interactions, Gynecological Condition, Gender Gap, Therapeutic Interventions

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