

عنوان مقاله:

Primary dysmenorrhea and anthropometric measures in female students; Influence of anthropometric measures on menstrual pain

محل انتشار:

هفتمین سمینار بین المللی سلامت زنان (سال: 1397)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Background: Primary dysmenorrhea is a common medical disorder in young women that affects their quality of life. Overweight and obesity increase biosynthesis of the prostaglandin; and consequently increase the severity of dysmenorrhea. The aim of present study was to examine the menstrual pain and its relation to anthropometric parameters. Methods: This cross-sectional study was conducted in 2015 on 276 female students who were aged between 18 and 28 years old who resided in the dormitory of the Shahrekord University of Medical Sciences. Samples were selected using simple sampling method. Demographic data were collected using a questionnaire. The height and weight, BMI, waist and hip circumferences, waist to hip ratio (WHR) and waist to height ratio (WHtR) were measured. Visual Analogue Scale (VAS) was used to evaluate the severity of dysmenorrhea. Data were analyzed using Pearson correlation test. The $p < 0.05$ was considered to be significant. Results: Mean age of the participants was 20.5 ± 1.81 years, age ranging from 17 to 22 years. The mean age at menarche was 13.2 ± 1.2 years. Among anthropometric indicators; Weight ($p < .001$), BMI ($p < .001$), Waist to Hip Ratio ($p < .001$) and Waist to Height Ratio ($p < .001$) showed significant difference between the two groups (moderate dysmenorrhea and severe dysmenorrhea). The severity of dysmenorrhea pain was significantly related to Weight, waist circumference, hip Circumference, BMI, Waist to Hip Ratio (WHR) and waist to height ratio, but the Height there was no statistically significant association with VAS. Conclusion: This research showed that anthropometric indices (Weight, Body Mass Index, Waist Circumference, WHR and WHtR) related to the severity of dysmenorrhea and participants with severe dysmenorrhea were higher in anthropometric indicators than moderate dysmenorrhea. More studies are needed to clarify these relationships

کلمات کلیدی:

Primary dysmenorrhea, dysmenorrhea pain, BMI, Waist circumference, waist to height ratio

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