

DOI: <https://doi.org/10.56936/18290825-2.v18.2024-46>**MENSTRUAL PATTERNS AND THEIR ASSOCIATION WITH SOME
NONGENETIC DETERMINANTS INFLUENCING THE
REPRODUCTIVE HEALTH OF ADOLESCENT GIRLS****ASLANYAN A.H. *, MKRTCHYAN S.H., MKRTCHYAN A.M.,
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ABSTRACT

Objectives: The reproductive health of girls is the key to the health of the future generation. This research aimed to evaluate girls' menstrual patterns and their dependence on some nongenetic determinants influencing the reproductive health of adolescent girls.

Material and Methods: The cross-sectional descriptive study was conducted among 417 high school adolescent girls. The questionnaire included items concerning socioeconomic status, components of lifestyle, academic performance, age at menarche and menstrual patterns of girls.

Results: The mean age at menarche was 12.4 ± 0.9 years. The mean duration of the menstrual cycle was 27.6 ± 3.6 days with the mean duration of bleeding 4.7 ± 1.1 days. The irregular cycle was experienced by 1/4 of girls, dysmenorrhea and menstruation-related symptoms have been mentioned by 40.5% of girls. Only 23% of girls consulted a physician concerning dysmenorrhea and menstruation-related symptoms. Results have shown statistically significant impact of family size, family income, academic performance, nutritional habits, sleep, etc. on the cycle regularity and dysmenorrhea.

Conclusion: The menstrual patterns of the majority of girls were in a range of normal values. The prevalence of irregular cycles, the prevalence of dysmenorrhea and menstruation-related symptoms were lower as compared to other studies. Nevertheless, around half of girls, who mentioned dysmenorrhea and menstruation-related symptoms, were not serious about these symptoms. Some socioeconomic factors and components of lifestyle (family size, family income, nutrition, sleep) have been shown to influence the cycle regularity and dysmenorrhea. Hence, these findings highlight the need to enlarge the knowledge concerning reproductive health and healthy lifestyle among adolescent girls.

KEYWORDS: age at menarche, menstrual pattern, dysmenorrhea, adolescents**INTRODUCTION**

Adolescence is one of the most important and valuable stages of the life cycle. This transitional stage from childhood toward adulthood is the start of physiological and social changes that can affect people's lives during their adult years. Adoles-

cence is associated with crucial endocrinological, somatic and psychological changes in girls. Reproductive health is perceived as an expected endpoint of girls' sexual maturation [Karapanou O, Papadimitriou A, 2010].

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