

Knowledge and Attitude towards Dysmenorrhea among Health Professions Students: A Cross-sectional Study from Lebanon

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Abstract Dysmenorrhea is a prevalent condition that has physical, psychological, and social impacts on females. Although it is mostly perceived as a healthy part of a well-functioning reproductive system, it may indicate underlying pathologies. Nevertheless, dysmenorrhea's acknowledgement and discussion are culturally frowned upon, particularly among men in different communities. This study aims to assess the knowledge and attitude of health professions students, both males and females, at Beirut Arab University (BAU) regarding dysmenorrhea. Using a cross-sectional study, 493 students in the health professions faculties at BAU participated in the survey. The health professions faculties included medicine, dentistry, pharmacy, and health sciences (nursing, medical laboratory, physical therapy, nutrition). It was conducted during the period extending from September 2019 till February 2021. Results show 84% of participants were females and 16% were males. Females had a mean score of knowledge (14.31 $\pm$ 3.13) out of 24 that was significantly higher than males (12.75 $\pm$ 4.54). The most chosen sources of knowledge about dysmenorrhea were the Internet (57.4%), mothers (47.9%), and schools (47.3%). The correlation between age and knowledge showed that as age increases, knowledge increases ($r=0.244$). All Participants had a negative attitude towards discussing menstrual symptoms with strangers or friends publicly. Our study also revealed that the majority of participants would discuss menstruation and menstrual pain with their future daughters. Unfortunately, the perception of dysmenorrhea as a topic that should not be

discussed openly has led to poor knowledge regarding dysmenorrhea and even caused misconceptions. This is even more seen in males especially in Middle Eastern countries that tend to be more conservative.

Keywords Dysmenorrhea, Health Professions Students, Lebanon, Knowledge, Misconceptions

1. Introduction

Menarche represents an important milestone in a female's life. Menstruation is a natural monthly occurring cycle in every woman's life and is a valuable indicator of endocrine and reproductive health [1, 2]. Menstrual period is often accompanied by dysmenorrhea, defined as a cramping pain sensation of uterine origin [3]. Prostaglandins seem to play a key role in the pathophysiology of dysmenorrhea, as they result in myometrial contraction, vasoconstriction, as well as nerve ending sensitization [4, 5]. The pain typically accompanies the onset of menses and lasts for 8-72 hours. It is most severe during the first or second day of menstruation [6]. Dysmenorrhea is the most widely observed medical problem in females [7]. The prevalence of dysmenorrhea is reported to be between 48% and 93% across various countries [8], and 74.3% in Lebanon [9]. It peaks during mid to late adolescence, when ovulatory cycles become more established [2]. After which, the pain decreases as

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Table of Contents The Muscles A Study For Allied Health Professions Students

1. Understanding the eBook The Muscles A Study For Allied Health Professions Students
 - The Rise of Digital Reading The Muscles A Study For Allied Health Professions Students
 - Advantages of eBooks Over Traditional Books
2. Identifying The Muscles A Study For Allied Health Professions Students
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Muscles A Study For Allied Health Professions Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Muscles A Study For Allied Health Professions Students
 - Personalized Recommendations
 - The Muscles A Study For Allied Health Professions Students User Reviews and Ratings
 - The Muscles A Study For Allied Health Professions Students and Bestseller Lists

5. Accessing The Muscles A Study For Allied Health Professions Students Free and Paid eBooks
 - The Muscles A Study For Allied Health Professions Students Public Domain eBooks
 - The Muscles A Study For Allied Health Professions Students eBook Subscription Services
 - The Muscles A Study For Allied Health Professions Students Budget-Friendly Options
6. Navigating The Muscles A Study For Allied Health Professions Students eBook Formats
 - ePub, PDF, MOBI, and More
 - The Muscles A Study For Allied Health Professions Students Compatibility with Devices
 - The Muscles A Study For Allied Health Professions Students Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Muscles A Study For Allied Health Professions Students
 - Highlighting and Note-Taking The Muscles A Study For Allied Health Professions Students
 - Interactive Elements The Muscles A Study For Allied Health Professions Students
8. Staying Engaged with The Muscles A Study For Allied Health Professions Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Muscles A Study For Allied Health Professions Students
9. Balancing eBooks and Physical Books The Muscles A Study For Allied Health Professions Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Muscles A Study For Allied Health Professions Students
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Muscles A Study For Allied Health Professions Students
 - Setting Reading Goals The Muscles A Study For Allied Health Professions Students
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Muscles A Study For Allied Health Professions Students
 - Fact-Checking eBook Content of The Muscles A Study For Allied Health Professions Students
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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