Comparison between Stress and Self-care in Students with and without Primary Dysmenorrhea at Mazandaran University of Medical Sciences in 2015

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Abstract

Background and objectives: Among gynecological diseases, dysmenorrhea is the most common disorder experienced. Given its impact on daily activities and physical, psychological, social and economic problems it incurs, we aimed to compare stress and self-care in students with and without primary dysmenorrhea.

Material and methods: The present descriptive-comparative study recruited 250 students with and without primary dysmenorrhea at Mazandaran University of Medical Sciences in 2015. Sampling in this study was non-randomized available. Data was collected using stress and self-care questionnaires, and was analyzed using independent t test, chi-square test and logistic regression model.

Results: No significant differences were found in body mass Index, age at menarche, menstrual cycle length, intervals between menses, diet, and socioeconomic status. The mean (SD) score of stress in patients with dysmenorrhea and the control group was 46.5 (12.2) and 43.2 (2.2), respectively. There was a significant difference between the two groups in terms of stress (P=0.04), whereas no statistically significant difference was observed in terms of self-care (P=0.12).

Conclusion: According to the research findings can be reduced by avoiding the stress of primary dysmenorrhea in girls.

Keywords: Dysmenorrhea, Stress, Self-care