

# Menstrual characteristics and dysmenorrhea among Palestinian adolescent refugee camp dwellers in the West Bank and Jordan: a cross-sectional study

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## Background:

- Women and girls experience menstruation throughout their reproductive years.
- Normal adolescent menstrual cycles gauge current and future reproductive health.
- Dysmenorrhea (painful menstruation) is the most prevalent menstrual disturbance in adolescents that can be debilitating.

## Aim of the Study

This study examines the menstrual characteristics of adolescents living in Palestinian refugee camps in the West Bank of Palestine and Jordan, including estimates of dysmenorrhea levels

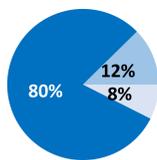
## Methodology

- A household survey of 15 to 18-year-old adolescent girls was conducted.
- Trained field workers collected data on general menstrual characteristics and disturbances
- Dysmenorrhea level was assessed using the Working ability, Location, Intensity, Days of pain Dysmenorrhea scale (WaLIDD)

## Results

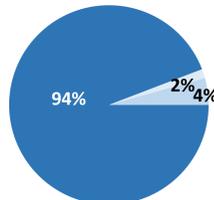
### Menstrual characteristics

Age at Menarche  
Mean 13.1±1.2



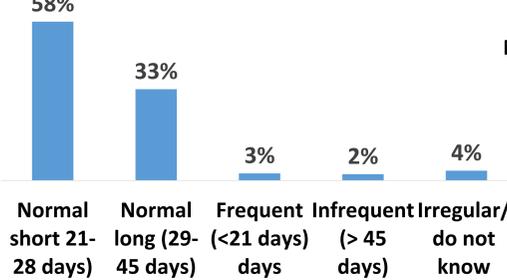
■ Normal early (<12 years old)  
■ Normal (12-14 years old)  
■ Normal late (>14 and <17 years old)

Bleeding duration  
Mean 5.3±1.5

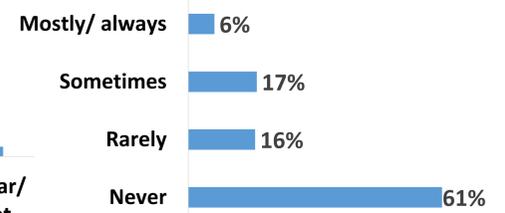


■ Regular (3 to 7 days)  
■ Short period (< 3 days)  
■ Long period (> 7 days)

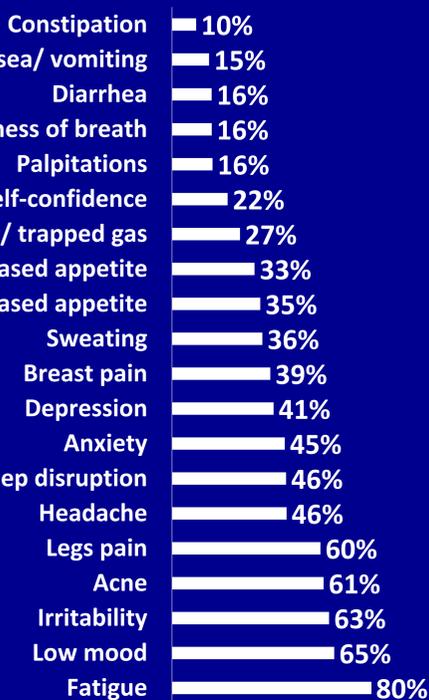
Bleeding frequency  
Mean 28.1±6.2



Heaviness of bleeding  
Proxy (Blood leaks through clothes)



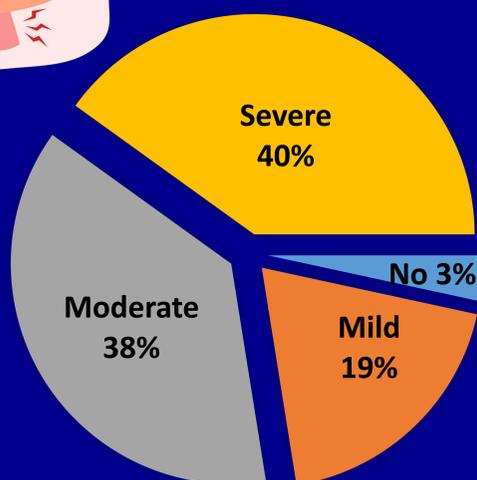
### Prevalence of Premenstrual Symptoms



### Dysmenorrhea levels based on the Working ability, Location, Intensity and Days of Pain Dysmenorrhea (WaLIDD) multidimensional scale



### Dysmenorrhea levels

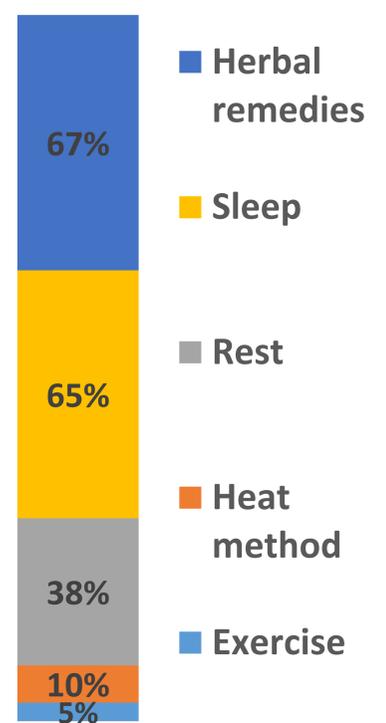


### Conclusion and Recommendations

### To ease menstrual pain:

25% used medications

89% used non-pharmacologic approaches



- The study indicates **regular menstrual patterns** in terms of length, duration, and intensity of bleeding and a **slightly higher age-at-menarche** than the global average.
- An **alarmingly high prevalence of dysmenorrhea** among participants was reported.
- There is a need to address dysmenorrhea as part of a **comprehensive approach to menstrual health and reproductive health**.
- Menstruation and its irregularities should be tackled more effectively by **families, schools, and healthcare providers**. **Collaborative efforts** are needed to provide **accurate information** about assessing and managing menstrual irregularities like dysmenorrhea that should start during early adolescence.
- It is essential to construct **socially, culturally, and age-appropriate, consistent definitions, and measurement tools** to better understand menstrual irregularity levels and associated factors to achieve comparable information, informed recommendations and effective actions.



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