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

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

Concentration and Recommendations

- 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.