

Physical Activity and Menstrual Disorders Among School Girls in Southern Egypt

Introduction: Menstrual disorders are the most frequent gynecological diagnoses among young girls.

Aim: This study was conducted to investigate whether physical activity could reduce menstrual disorders among schoolgirls.

Methods: In this cross-sectional study, 970 schoolgirls in Southern Egypt were assessed, using a questionnaire, for their socio-demographic characteristics, gynecological history, physical activity, and menstrual disorders during the previous 6 months.

Results: The mean age of schoolgirls was 15.5 ± 0.8 years, menarche age 13.2 ± 1.2 years, menstrual cycle duration 28.8 ± 7.3 days, and 76.1% were circumcised. After adjustment for the socio-demographic and gynecological variables, physical activity was shown to be not associated with all premenstrual symptoms and dysmenorrhea (p -value > 0.05).

Conclusion: No substantial associations between physical activities and menstrual/premenstrual symptoms can be concluded.

Recommendations: Future cohort and interventional studies are needed to explain whether the risk of dysmenorrhea and premenstrual symptoms can be reduced by physical activity.

Keywords: dysmenorrhea, physical activity, premenstrual disorders, schoolgirls