

Adolescents' Information and Emotional Response Regarding Menarche in Mosul Schools

Background and Aim : The lack of information about menarche among adolescent girls before puberty is one of the common public health problems worldwide today, resulting in physical and psychological harmful health effects among them. The aim of the study to assess adolescents' information and emotional response regarding menarche in Mosul schools .

Materials and Methods: A cross-sectional study design was performed from the 8th of September 2022 to the 11th of June 2023. The data were obtained through questionnaires that were self-administered to assess adolescents level of information about menarche and their emotional responses regarding menarche by using the Expected/Experienced Emotions Related to Menarche Scale. The study sample selected by purposive sampling approach and consist of 750 female adolescents aged 12-17 years and studying in intermediate and secondary schools for girls in Mosul, Iraq. SPSS software version 26 was used to analyze the data acquired in this study.

Results: The study shows that the around half of female adolescents (48.1%) have poor level of information about menstruation and (66.4%) of them have poor level of information about menstrual hygiene. Two-thirds adolescents (66.7%) don't know about menarche before experiencing it. More than half of adolescents (61.3%) answered "I was ashamed," and 54.3% of them answered "I felt sick when they experienced their menarche .

Conclusions: This study concluded that around half of female adolescents have poor levels of information about menarche and menstrual hygiene, and the majority of them had negative emotional responses when they experienced their first menstruation.

Recommendations: The study recommended directing the Iraqi Ministry of Education to add the subject of menstruation to a special curriculum in the fifth grade of elementary schools girls in Mosul, where the ages of adolescent girls are appropriate to receive menstrual information before puberty.