

DYSMENORRHEA IN ADOLESCENTS 13 TO 18 YEARS OF AGE: PREVALENCE AND IMPACT ON SCHOOL PERFORMANCE

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PURPOSE:

Dysmenorrhea is the leading gynecological complaint among adolescents. Reported prevalence has ranged from 15.8% to 89.5%, with higher rates reported in the Hispanic population. This debilitating condition has a significant impact on health-related quality of life, academic performance, and healthcare utilization. It is essential for primary healthcare providers to acquire knowledge and data in order to diagnose and adequately manage these patients. We aim to collect information regarding the prevalence of dysmenorrhea among Hispanic females, its characteristics, associated symptoms, and its effect on school performance.

AIMS:

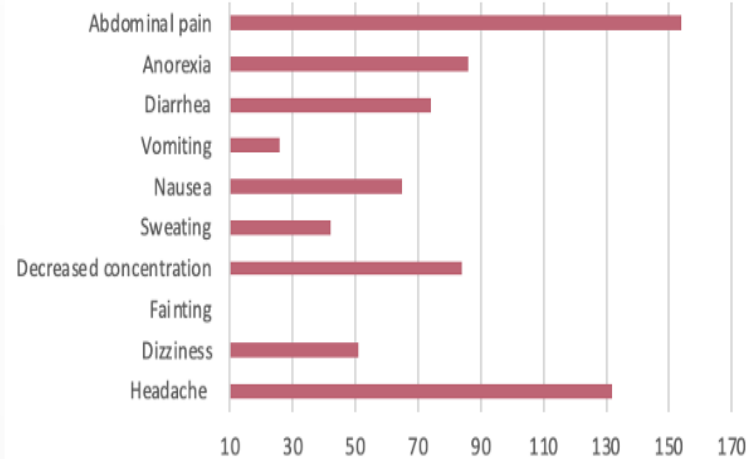
- Describe the prevalence of dysmenorrhea in adolescent females living in Puerto Rico.
- Assess the effect of dysmenorrhea in school performance.
- Identify the most common characteristics such as onset, intensity, and associated symptoms of dysmenorrhea.

METHODOLOGY:

- Females between the ages 13 and 18 years-old were given a previously validated Survey Monkey 20-item questionnaire.
- Descriptive data analysis was performed using Stata v.16, Fisher Exact test and chi-squared tests. Statistical significance was defined as a p value ≤ 0.05 .

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Most common associated symptoms reported by Adolescents



Does Dysmenorrhea affects your concentration at school?



Yes No

Has dysmenorrhea caused you to miss tests or exams?



Yes No

RESULTS:

- A total of 212 participants completed the questionnaire.
- We identified a 98% prevalence of dysmenorrhea in our population.
- The most reported associated symptoms were lower abdominal pain (76%), headaches (65%), and anorexia(43%).
- A decline in concentration was reported by 85% of the participants in terms of academic achievement.
- School attendance was not affected.

CONCLUSION:

- Dysmenorrhea prevalence is high among Hispanic adolescents in Puerto Rico.
- The most common clinical manifestations reported in our population are lower abdominal pain, headaches and anorexia.
- Even though participants claimed to have trouble focusing and it negatively affected their school performance, dysmenorrhea did not impact their ability to attend class.