

University Of Baghdad	
Alkindy College Of Medicine/ Research Module	
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	Patterns of menstrual cycle irregularity among female students in al-kindy medical college 2017-2018
Abstract	<p><u>Objective :</u> The purpose of the study is to determine the prevalence and pattern of menstrual irregularity, and the effect of stress on it, among Al-Kindy female medical students, (from first to fifth stage), their associated symptoms, type of irregularity and the specific time of this irregularity (during exams, exercise, college day stress, on holidays or all the year), and any affecting factors such as gynecological problems, medical and endocrine disorders, any certain treatment or surgery, and if there is any familiar conditions that may be the cause of their irregular menstrual manor.</p> <p><u>Study design and setting :</u> A cross-sectional study of 170 female students with regular and irregular menstrual cycles carried out in Al-Kindy college of medicine , from the 15th of December 2017 to the 1st of March 2018</p> <p><u>Material and method:</u> Descriptive methods based on cross sectional study survey was under take 170 female students in Al-Kindy collage of medicine from 1st stage to 5th stage , the data collection by self - administrated questionnaire including (class level, age, weight, married or not, menstrual cycle history, type of menstrual irregularity and effect of stress & exams on it , and if menstrual irregularity increases during studying months and decrease in holidays, taking certain treatment, having certain gynecological problems, surgeries and others) from 15th of December to the 1st of March.</p> <p><u>Main outcome:</u> the pattern of menstrual irregularity among female students of Al- Kindy College of medicine and the effect of stressful medical college life style on their cycles.</p> <p><u>Secondary outcome:</u> Having a simple idea about symptoms associated with menses and any factor that effect the menstrual .pattern</p> <p><u>Results:</u> in our study, we found, 70 female medical students out of 170 (the study sample), were having normal and regular menstrual cycles, while the rest, 100 female students with .irregular menstrual periods</p> <p>The highest incidence of menstrual irregularity was among</p>

	<p>female students of 3rd stage (36%), and the most common type of irregularity was oligomenorrhea (54%) and then .(polymenorrhea (25%</p> <p>of study sample students have menstrual irregularity all the year, while about 36% of the study sample complained of irregular menstrual periods due to medical college life style stress (attending hospitals, meeting patients, being with male students, and other stressful conditions, facing them for the first time in their life). Also, we found about 21% of the female student sample were complaining from menstrual irregularities at exams periods (end modules, mid-year, and final</p> <p>We found that, 79% of the female students included in our study, were complaining of abdominal pain during menstrual .cycles, as a most common associated symptom</p> <p><u>Conclusions:</u> the stressful medical college days, frequent assessments and exams act as major causes of menstrual irregularity among female medical students</p>
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Module Coordinator

Associ. Prof Dr. Huda Adnan