

## **Menstrual disorders necessitating counseling among students in Beni-Suef University**

**Background:** Menstrual disorders are highly prevalent among women. The need for counseling for different menstrual disorders is not well-documented.

**Objective:** This study aimed to investigate the prevalence of menstrual problems amongst Beni-Suef University students during the previous 6 months and detect what menstrual disorders required counseling more often.

**Methods:** A total of 1,519 students representing 28 different faculties of Beni-Suef University were included. To assess their menstrual disorders during the previous 6 months, a self-administered questionnaire was distributed to the university student. The questionnaire included questions about the most common complaints before and during menstruation. Other demographic and gynecological characters and the need for counseling were also investigated.

**Results:** The mean age of the participating university students was  $20.9 \pm 1.7$  years. The mean age of their first menarche was  $12.9 \pm 1.4$  years while their average menstrual flow days was  $5.1 \pm 1.4$ . Throughout the previous 6 months, 22.1% of the investigated university students reported counseling due to at least 1 menstrual disorder. Before the menstruation, irritation (48.8%) and fatigue (40.9%) were the most reported symptoms and associated with high rates of counseling while dysmenorrhea (94.1%) and acne flare (49.2%) were very common during menses. Students with menstrual cycles exceeding 28 days and those who experienced breast tenderness, abdominal bloating, and insomnia were statistically more likely to resort to counseling ( $p < .05$ ).

**Conclusions:** Menstrual disorders, especially dysmenorrhea, are very common among students in Beni-Suef University, however, the necessity of counseling varied widely according to the complaint.

**Recommendations:** Further studies should focus on the barriers to counseling for menstrual disorders.

**Keywords:** Counseling, Menstrual disorders, Dysmenorrhea, Students