

# Assessing Women's Understanding of Menstruation: Knowledge Gaps and Educational Needs

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## Abstract

**Objective:** The main objective of the study was to evaluate how much women know or think they know about the menstrual cycle, and where in their education they learned the information.

**Subjects & Methods:** A survey was created and sent out to women that asked multiple questions. The questions were regarding the menstrual cycle to gain knowledge of what women knew or did not know about the menstrual cycle.

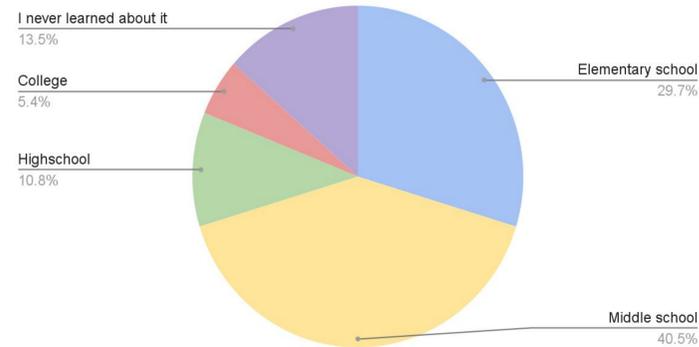
**Results:** While the greater part of the participants of the survey feel as though they are well educated in the women's cycle, majority of the participants did not know many important aspects. This survey showed that there is a large variety in when and how females are being taught about the menstrual cycle in the educational system within the United States.

**Conclusion:** Women lack the vital information about their cycle due to them having little to no proper education on the women's menstrual cycle and reproductive health in educational institutions. Not having the proper education increases female risk for undetected reproductive health conditions, and unplanned pregnancies. Unfortunately, there is no information on what is being done in the educational system to improve the knowledge gaps of women's reproductive health. However, based on the survey that was conducted, it would be beneficial for young women to talk with a gynecologist once starting menses instead of waiting until around age twenty-one to see a gynecologist for the first time.

## Survey Results

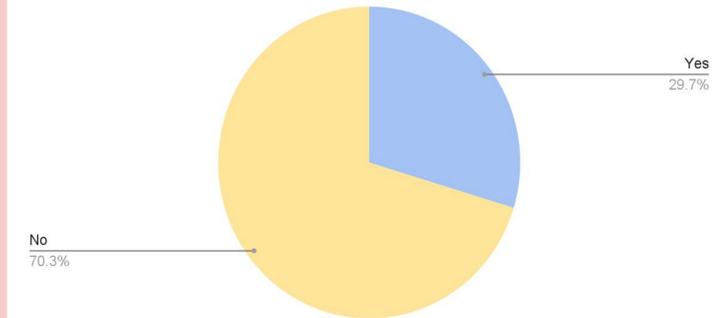
Level of education learned about the menstrual cycle

Table 1:1



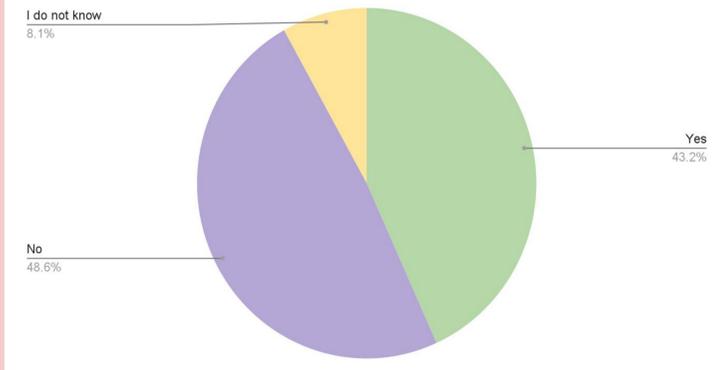
Are you familiar with the phases of the ovarian cycle (i.e Follicular phase & Luteal Phase)

Table 1:2



Can a women get pregnant at any time during her cycle?

Table 1:3



## Discussion

A survey of twelve questions was conducted and sent out to fifty women of reproductive age to discover the gaps and educational limitations about the menstrual cycle. Thirty-seven of those fifty women responded in a two week time period to the survey. Results showed that there was an inconsistent time frame for when women are learning about their cycle. It also showed that a majority of women were not familiar with the follicular and luteal phases of the ovarian cycle. Another gap that was seen in the survey was that they did not know there was a certain time during their cycle that they could get pregnant. The survey was similar to what was originally predicted, in that it is evident that women have not been properly educated about their menstrual cycle.

## References

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