

Master's Dissertation of St. Luke's International
University Graduate School (2022)

**Effects of Interventions for Menstrual
Health and Hygiene Management for
Adolescent Girls: Systematic Review**

思春期女性を対象とした月経の管理に関する介入の効果：

システマティックレビュー

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Background

It is not uncommon for adolescent girls to have poor management of menstruation globally. Therefore, governments and non-governmental organizations attempt to change the situation. However, many adolescents' lives are still affected because they lack what they need for taking good care of menstruation. Unfortunately, the evidence of effective intervention for Menstrual Health and Hygiene is unclear.

Objective

To assess the effect of Menstrual Health and Hygiene intervention on adolescent girls or young women enrolled in the equivalent of primary or secondary education.

Methods

Structured systematic searches were conducted to identify studies evaluating interventions related to improving Menstrual Health and Hygiene, using CENTRAL, CINAHL, Embase, ERIC, and PubMed. Searches were conducted by 30 September 2022. Randomized controlled trials, cluster-randomized controlled trials, and quasi-randomized controlled trials were included. Two researchers independently completed the screening process and assessed the risk of bias following version 2 of the Cochrane risk of bias tool for randomized trials. Statistical analysis was conducted utilizing Review Manager V.5.4.

Results

Ten studies described in 19 citations were eligible for inclusion. The study designs were very heterogeneous. Four evaluated education interventions, two evaluated the distribution of menstrual products, and four evaluated both. No studies evaluated the quality of life. A small but non-significant positive impact on school attendance was found from the meta-analysis of four studies evaluating the distribution of sanitary products compared to no intervention (SMD 0.23, 95%CI [-0.03, 0.48]). Studies that focused on educational interventions reported a positive impact on confidence, menstrual knowledge, and menstrual practices.

Conclusion

This systematic review revealed that Menstrual Health and Hygiene Interventions had a positive impact on school attendance, confidence, menstrual knowledge, and menstrual practices. However, included studies have high heterogeneity and very low or low certainty of evidence. More research is needed to get generalizable and certain evidence in this area.