

Table 2 Prevalence of menstrual disorders among the sample of nursing students (*n* = 352) and association with premenstrual syndrome

Variable	No.	%	Association with premenstrual syndrome	
			χ^2	<i>P</i> -value
Secondary amenorrhea				
Yes	18	5.1		
No	323	91.7		
Don't know	11	3.2		
Irregular cycles			50.2	< 0.001
No	123	34.8		
Rarely	20	5.7		
Sometimes	21	5.9		
Yes	189	53.5		
Oligomenorrhoea			87.8	< 0.001
With irregular cycles (<i>n</i> = 210)				
Yes	22	10.5		
Sometimes	31	14.7		
Rarely	27	12.8		
With regular cycles (<i>n</i> = 143)				
Yes	13	9.1		
Sometimes	38	26.5		
Rarely	9	6.2		
Polymenorrhoea			26.1	< 0.001
With irregular cycles (<i>n</i> = 210)				
Yes	16	7.6		
Sometimes	92	43.8		
Rarely	12	5.7		
With regular cycles (<i>n</i> = 143)				
Yes	34	30.1		
Sometimes	36	25.1		
Rarely	2	1.3		
Duration of menstruation (days)			23.8	0.03
< 3 (hypomenorrhoea)	7	2.0		
3–7 (normal)	304	86.4		
> 7 (hypermenorrhoea)	41	11.6		
Amount of blood loss (no. of pads daily)			16.9	0.65
< 1	7	2.0		
1–	95	27.0		
3–	209	59.4		
≥ 5	41	11.7		
Dysmenorrhoea			30.3	< 0.001
Yes	222	63.1		
No	130	36.9		
Premenstrual syndrome^a			n/a	
Yes	190	54.0		
No	162	46.0		

^a*Painful or tender breasts, bloating or swelling of abdomen, rapid mood change, depressed mood or other (nausea, weakness, agitation, light-headedness, bloating, low back pain, fatigue).*

n/a = not applicable.