

Table 2 Feelings about and mental preparedness for menarche among adolescent girls in Anand district, Gujarat

Item	% of respondents
<i>Felt mentally prepared for menarche (n = 763)</i>	
Yes	51.9
No	48.2
<i>Feelings at the time of first menstruation (n = 763)</i>	
Normal	38.5
Shame	28.3
Fear	20.6
Guilt	12.6
<i>Feelings about the process of menstruation (n = 763)</i>	
Normal physiology	31.0
Dirty	10.0
Purging of body impurities	56.5
Other	2.5
<i>Initial perceptions at the onset of menstruation (n = 478)</i>	
Normal	83.1
Symptom of illness	14.3
Sign of life-threatening disease	2.6

n = number of respondents to each question.