35%, and 18 out of 105 Indian female students, representing a small percentage of 17.1% (χ^2=5.37; p=0.021), never visited an obstetrician-gynecologist regarding complaints related to the menstrual cycle and did not express their complaints during preventive examinations.

Conclusions

The results of this study allow us to understand the differences in energy, lifestyle, mood, and well-being between students from Africa and Asia. The groups differed in terms of the presence of menstrual pain, lifestyle changes, quality of life, and academic performance. However, there were no differences between the groups in terms of factors such as place of residence and mood changes during menstruation. This topic is highly relevant and requires further, more in-depth study.

Menstrual health disorders among female students in international faculties, particularly those from African and Asian backgrounds, reveal a complex interplay of cultural, educational, and health-related factors. Cultural taboos and stigmas surrounding menstruation frequently hinder open discussions, leading to misconceptions about menstrual health and ultimately impacting academic performance and overall well-being.

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AWARENESS OF ABNORMAL UTERINE BLEEDING IN YOUNG WOMEN IN SRI LANKA

Introduction

Abnormal Uterine Bleeding (AUB) is a significant gynaecological problem that can affect a woman's health, both physically and emotionally. It is made up of changes in a woman's usual menstrual pattern. For instance, very heavy monthly bleeding, bleeding outside of periods as well as long, short or irregular periods. Most disturbingly, such changes may be indications of other health conditions that, if ignored, may lead to serious complications [1].

A menstrual cycle is typically regulated through a balance of hormones. But due to various physiological reasons, menstruation may vary and be irregular especially in teenage girls. Besides, in many parts of the world, as menstruation is still considered a taboo topic, totally ignoring the symptoms of an abnormal menstruation and therefore delaying proper diagnosis and treatment is very common [2].

There are various causes that can lead to AUB such as hormone fluctuations, uterine fibroids, endometrial polyps, blood clotting irregularities, and infections. Its continuation without adequate treatment may result in chronic anaemia, constant tiredness, and even fertility issues that could lead to infertility [3]. Even though these conditions can seriously affect a person's health, knowledge about AUB is still quite inadequate. Besides cultural beliefs, misinformation, shame and reluctance to talk about menstrual problems, young women are often not aware of the importance of seeking help or learning more about their condition [4].

Therefore, it is especially critical in Sri Lanka to consider the level of knowledge that young girls have of AUB. Once knowledge deficiency is identified, it becomes possible to formulate educational and awareness programs that target menstrual health literacy. Health education and awareness programs and seeking medical help at the earliest can consequently minimize the long-term physical complications of untreated menstrual disorders [5].

Goal

The purpose of this research is to determine how much young females in Sri Lanka know and are aware of Abnormal Uterine Bleeding (AUB).

Material and methods of research

This research used a descriptive cross-sectional study design to measure knowledge and awareness of AUB among young women in Sri Lanka.

Data was collected by an online questionnaire designed with Google Forms. The questionnaire was filled out by 188 participants.

The data from these responses were analysed and placed into 2 key categories base on education level of the participants. The first category is "Up to Vocational/Diploma" and the second category is "Undergraduate/Postgraduate". These 2 main categories compare the "Familiarity with AUB" in Table 1 and "Belief that AUB should be checked".

The answers were transferred to Microsoft Excel for cleaning and analysis. Descriptive statistical methods were applied, and results were presented as frequencies and percentages to summarize participants' knowledge and awareness of AUB.

The results of the research and their discussion

This paper delves into variations in knowledge and beliefs about Abnormal Uterine Bleeding (AUB) by education level among young women in Sri Lanka based on data extracted from Tables 1 and 2.

Patients were divided into two groups based on their educational level (refer to Table 1 for details). The undergraduate/postgraduate group constituted a larger segment of the sample, accounting for 116 participants (61.7%), whereas the up to vocational/diploma group consisted of 72 participants (38.3%). Awareness of AUB was strikingly greater among the higher-educated group, as half of the undergraduate/postgraduate respondents (50.9%) recognized AUB, while only a third (33.3%) of the up to vocational/diploma group was aware of it. This difference was statistically significant ($\chi 2=5.54$, $p=0.019$), thereby suggesting a significant link between the level of education and awareness of AUB.

Table 1 – Familiarity with AUB by Education Level Among Young Women in Sri Lanka

Education Level	N (Population)	N (familiar with «AUB»)	% (familiar with «AUB» in each population)	χ^2	p
Up to Vocational/Diploma	72	24	33.33	5.54	0.019
Undergraduate/Postgraduate	116	59	50.86		

Table 1 clearly indicates that educational level has a direct impact on AUB awareness, since individuals with undergraduate/postgraduate education had double the level of recognition (50.9%) in comparison with those holding less education (33.3%). The fact that the p-value is statistically

significant (p=0.019) indicates that such a discrepancy is highly unlikely to have occurred by chance; this aligns with the interpretation that obtaining a higher level of formal education may give better opportunities for accessing health information or result in a better understanding of health issues related to reproduction and sexual health, etc. Hence, knowledge on AUB through education level is a gradient with a quite steep slope.

Below is the comparative chart that summarizes the attitude towards the need for medical attention to AUB (Table 2).

Table 2 – Belief About AUB Requiring Medical Attention by Education Level Among Young Women in Sri Lanka

Education Level	N (Population)	N (Believe AUB should «always be checked»)	% (Believe should "always be checked")	χ^2	p
Up to Vocational/Diploma	72	26	37.50	4.36	0.037
Undergraduate/Postgraduate	116	46	34.48		

Table 2 displays the perception of always requiring medical attention for AUB. Results show a smaller portion (37.5%) of the respondents with up to vocational/diploma education system believed that the condition should always be checked medically, while only 34.5% of the undergraduate/postgraduate group shared this belief. This disparity, although seemingly small, turned out statistically significant (χ^2=4.36, p=0.037).

This seemingly paradoxical result implies that even though higher education is correlated with greater understanding of AUB, it does not necessarily lead to a stronger belief in the need for medical consultation. In fact, women from the less educated group were slightly more aware of the importance of seeking medical attention even though theirs is a lower recognition of the health problem. Indeed, these findings implicate the intricate relationship between educational level, health awareness, and health beliefs, thereby calling the attention for focused healthcare educational programs that would cover not only knowledge gaps but also health-seeking behaviors at all levels of education.

Conclusions

The level of AUB awareness was chiefly more among undergraduate/postgraduate participants (50.9%) than among those with up to vocational/diploma education (33.3%). The belief that AUB requires medical attention was surprisingly slightly higher in the second group, i.e. those with lower level of education (37.5% vs. 34.5%). It is clear from these observations that although higher education increases awareness, it is not necessarily the case that one with better education will have appropriate health-seeking behavior with regards to menstrual health.

In order to effectively change beliefs and to increase awareness of AUB, health education for young women needs to take into account their different educational levels. Besides, relevant methods and materials should be employed to reach all educational levels in the society including through reproductive health education at schools as well as community-based health programs. Proper and timely recognition of AUB together with adequate behavior in seeking medical help can eventually lead to less time for getting a diagnosis and better reproductive health outcomes over the longer term of this group.

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THE ROLE OF MENSTRUAL CYCLE TRACKING APPS IN WOMEN OF DIFFERENT AGE GROUPS

Introduction

The rise of digital health technologies has revolutionized the way people perceive and participate in their physiological experiences. Among these technologies is the menstrual tracking app (MTA), which is an essential feature for women to be able to predict their menstrual periods and gain further knowledge about their health. Although these technologies have been designed to help women develop a sense of agency and understanding about their health, referred to as "empowerment," recent anecdotal and empirical evidence points towards the fact that these technologies may also be leading women to develop anxiety and obsessive behavior. This duality of the role that these technologies play may be further understood if examined in relation to the concept of generations [1].

While menstruation has been largely absent in technology, the past 5 years have witnessed the sharp rise of FemTech. Menstrual tracking apps are a key area of personal informatics, with the potential to empower users and challenge oppressive social structures while enabling individual-level and population-level insights [1]. Period tracking apps allow some users to feel empowered in a neoliberal context that is frustrating and dissatisfying, whether around mainstream healthcare and professional medical science or labor pressures to self-optimize and be resilient [2, 3].

Goal

To evaluate the impact of applications that monitor menstrual function on the psychological comfort of women.

Materials and methods of research

An online survey was conducted and the data were collected via a structured self-administered questionnaire.60 participants were distributed among the following 10 countries: Sri Lanka – 37 (61.7%), India – 10 (16.6%), Belarus – 3 (5%), Maldives – 2 (3.3%), Nigeria – 2 (3.3%), Pakistan – 2 (3.3%), United Kingdom – 1 (1.7%), Canada – 1 (1.7%), Italy – 1 (1.7%), Bangladesh – 1 (1.7%). Many other well-known sources like WHO Foundation, ScienceDirect and ResearchGate articles were also utilized.

The results of the research and their discussion

The majority of participants of this study, (60%, n=36) were aged 21–29, followed by those aged 14–20 (21.7%, n=13) and 30–45 (13.3%, n=8). Respondents over 46 represented less than 5% (n=3) of the sample. This distribution provides adequate representation for comparing younger (ages 14–29, n=49) and older (ages 30–55, n=11) users. Among respondents, Flo emerged as the most frequently used menstrual tracking application, preferred by 31.7% (n=19) of participants. A personal calendar was the second most common, utilized by 23.3% (n=14), followed by Flo