



## RAPID RESPONSE

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### Psycho-Social Behaviour of Adolescent Girls during menstruation: Effect of Education

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Dear Editor,

Recently Kumar et al reported their findings of Psycho-Social behaviour of Indian adolescent girls during menstruation in an urban area in Haryana, India (1).

The researchers selected their samples from three educational institutes. Although their results are valuable, but their sampling method limits the generalizability of their findings. All subjects in this study are educated girls and are representative of all adolescent girls in urban Haryana which may not be true. Education can affect the girls' knowledge, thoughts and behaviour. Also their communication may be different from uneducated girls. As the authors mentioned some girls prefer to discuss their menstruation related problems with their friends. This behaviour may be different in uneducated girls.

Also the method of selection of these three educational institutes isn't clear in the paper. These three educational institutes should be selected randomly to ensure that their students are representative of all student adolescent girls in Haryana.

Also this point should be considered in future for developing interventions in order to increase the girls' knowledge for reduction of false beliefs and behaviour. Any intervention should consider the study population for their education, culture, family structure and communications with their friends.

Although the contents of similar questionnaires should be different according to the cultural, emotional and social situations, it would be valuable to give more information about the reliability and validity of the questionnaire.

Sincerely,

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#### References

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