

Table 2 Menstruation characteristics among Kho and Kalash women

Variable	Kho % (n)	Kalash % (n)	Total % (n)
Age of menarche (years)*			
12	13 (54)	13 (14)	13 (68)
13	18 (74)	22 (23)	19 (97)
14	32 (131)	29 (30)	31 (161)
15	24 (99)	19 (20)	23 (119)
16	14 (57)	17 (18)	14 (75)
Sum	100 (415)	100 (105)	100 (520)
Median (interquartile range)	14 (2)	14 (2)	14 (2)
Duration of blood flow (days)*			
<3	1 (6)	1 (1)	1 (7)
3–7	97 (401)	98 (103)	97 (504)
>7	2 (8)	1 (1)	2 (9)
Median (interquartile range)	5 (3)	5 (2)	5 (3)
Duration of cycle (days)*			
<20	1 (4)	2 (2)	1 (6)
20–30	93 (386)	89 (94)	92 (480)
>30	6 (25)	9 (9)	7 (34)
Median (interquartile range)	28 (4)	28 (4)	28 (4)
Pattern of cycle*			
Regular	93 (386)	90 (94)	92 (480)
Irregular	7 (29)	10 (11)	8 (40)
Associated symptoms*			
Weakness	81 (338)	70 (73)	79 (411)
Dysmenorrhoea	66 (274)	54 (57)	64 (331)
Sleep problems	34 (140)	8 (8)	29 (148)
Anxiety	32 (134)	12 (13)	28 (147)
Headache	20 (82)	5 (5)	17 (87)
Gastrointestinal problems	18 (76)	9 (9)	16 (85)
No symptoms	20 (83)	25 (26)	21 (109)
Response on menarche*			
Scared	76 (315)	0 (0)	61 (315)
Irritated	79 (326)	60 (63)	74 (386)
Depressed	65 (268)	68 (71)	65 (339)
Normal	12 (49)	23 (24)	14 (73)
Restrictions during menstruation*			
Physical isolation	0 (0)	100 (105)	20 (105)
Avoid school	42 (174)	100 (105)	54 (279)
Avoid playing	41 (169)	54 (57)	43 (226)
Avoid sharing utensils	0 (0)	100 (105)	20 (105)
Avoid religious places	79 (327)	100 (105)	83 (432)
Avoid prayer/fasting	100 (415)	0 (0)	80 (415)
Source of information before menarche			
Friend	41 (119)	52 (55)	44 (174)
Media	28 (83)	0 (0)	21 (83)
Sister	11 (32)	19 (20)	13 (52)
Mother	5 (16)	29 (30)	12 (46)
Others	13 (42)	0 (0)	11 (42)

* $P < 0.0001$