

Table 5 Association between demographic variables and menstrual knowledge and practices

Variable		Knowledge score (Mean $\pm$ SD)	P	Practice score (Mean $\pm$ SD)	P
Ethnicity	Kho	3.36 $\pm$ 1.274	0.183	5.26 $\pm$ 1.38	< 0.0001
	Kalash	3.38 $\pm$ 1.013		6.86 $\pm$ 0.98	
Age group (years)	14–20	3.52 $\pm$ 1.221	0.006	5.47 $\pm$ 1.46	0.523
	21–30	3.16 $\pm$ 1.178		5.79 $\pm$ 1.41	
	>30	3.23 $\pm$ 1.324		5.37 $\pm$ 1.53	
Marital status	Married	3.18 $\pm$ 1.174	0.333	5.68 $\pm$ 1.49	0.170
	Single	3.44 $\pm$ 1.238		5.58 $\pm$ 1.46	
Education	College & higher	3.31 $\pm$ 1.257	0.039	5.68 $\pm$ 1.35	0.389
	School	3.49 $\pm$ 1.181		5.45 $\pm$ 1.53	
	Illiterate	2.61 $\pm$ 1.116		6.06 $\pm$ 1.36	
Mother's education	Literate	3.50 $\pm$ 1.282	0.137	5.79 $\pm$ 1.24	0.003
	Illiterate	3.28 $\pm$ 1.180		5.45 $\pm$ 1.58	
Family type	Nuclear	3.41 $\pm$ 1.209	0.462	5.60 $\pm$ 1.44	0.230
	Extended	3.36 $\pm$ 1.254		5.54 $\pm$ 1.51	
Family income (PKR)	10 000–50 000	3.24 $\pm$ 1.163	0.188	5.72 $\pm$ 1.42	0.035
	50 000–100 000	3.39 $\pm$ 1.289		5.33 $\pm$ 1.46	
	>100 000	3.74 $\pm$ 1.126		6.05 $\pm$ 1.42	

T-test and ANOVA were used to compare the knowledge and practice scores.