

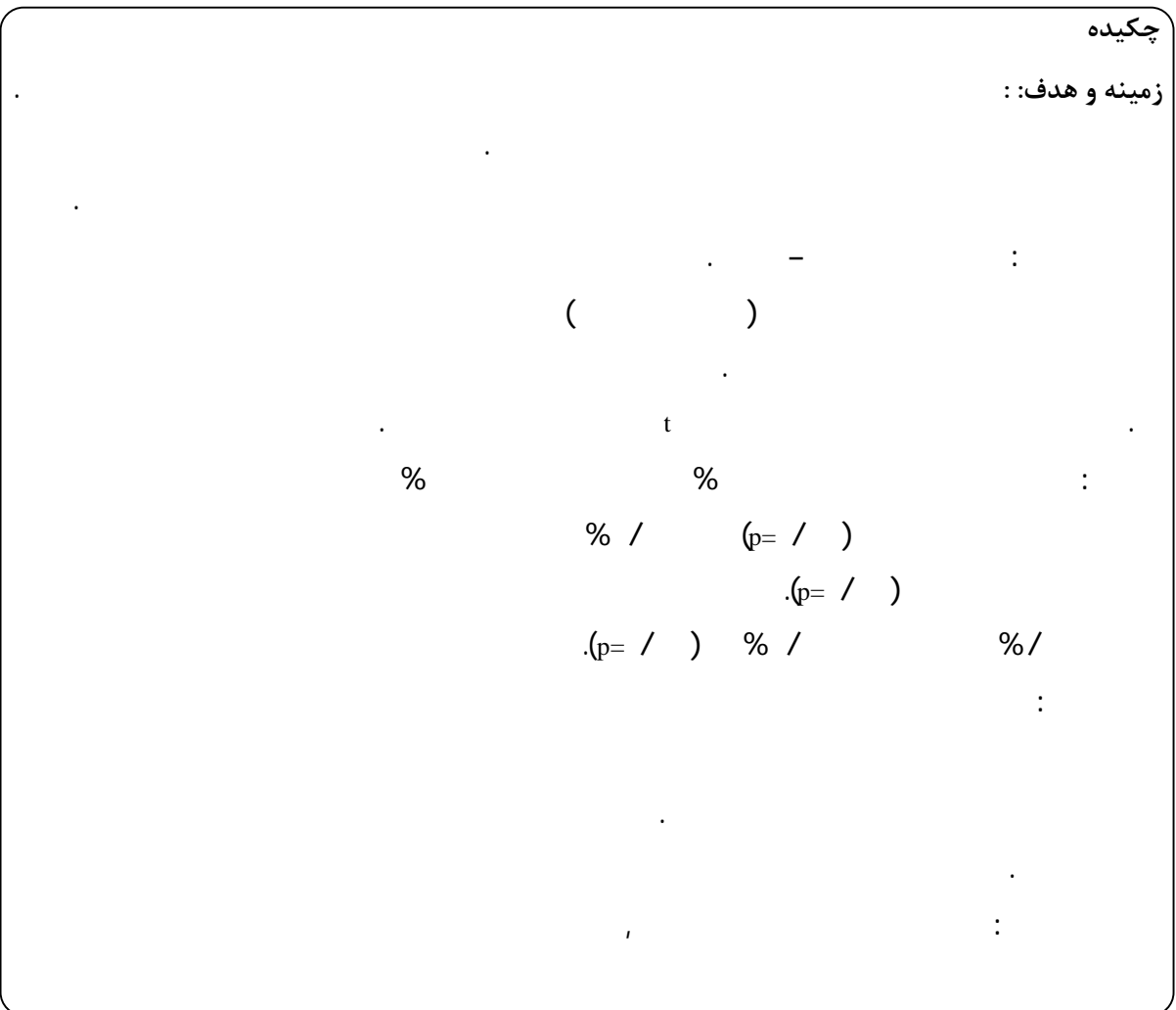
## مشکلات قاعدگی دختران نوجوان کم توان ذهنی آموزش پذیر و دختران با بهره هوشی نرمال از دیدگاه مادران در شهر سمنان در سال ۱۳۸۸

لیلا اکرمی<sup>۱</sup>، فاطمه هداوندخانی<sup>۲</sup>، خدیجه محمدی<sup>۳</sup>

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 $\alpha = \%$   $r = /$   
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$$p = ( / )$$

جدول ۱- مقایسه توزیع فراوانی مشکلات قاعدگی در دختران کم توان ذهنی آموزش پذیر و دختران با بهره هوشی نرمال

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آزمون مجدور کای، \* :  $p < 0.05$

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## Comparison of Menstruation Problems Between Educable Mentally Retarded Girls and Adolescent Girls with Normal IQ from the Perspective of their Mothers in Semnan Iran (2009)

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**Background and Objectives:** Educable Mental Retardation (EMR) girls with low IQ have many difficulties in solving personal problems. Therefore; menstruation can cause more difficulties (behavioural, hygiening and ...) for them. The aim of the present research is to compare menstruation problems in Educable Mentally Retarded (EMR) girls and girls with normal IQ from perspective of their mothers in semnan, Iran.

**Materials and Methods:** This was an analytical research. The population that was under consideration consisted of two groups of EMR and normal girls. Fifty cases of EMR and 50 cases of girls with normal IQ were chosen through cluster random sampling method. A questionnaire designed by researcher was used to study menstruation problems. Findings were analyzed with Chi-square and independent t-test statistics.

**Results:** The results of this study indicated that in comparison to girls with normal IQ (5%), EMR girls (75%) had more problems in practicing individual hygien (p=0.001), 42.5 of EMR girls and 0% girls with normal IQ had more negative attitudes towards menstruation (p=0.001). EMR girls (7.5) in comparison to girls with normal IQ (37.5) had not received information by school officials before initiation of the first menstruation. These different were statistically significant.

**Conclusion:** The result of this study indicated that EMR girls compared with girls with normal IQ have problems in individual hygien and have no suitable education before initiation of the first menstruation and have negative attitudes towards menstruation. Therefore, providing suitable preparation and adequate education for EMR girls seems vital.

**Key words:** Educable Mental Retardation, Adolescence, Puberty, Menstruation problems

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**Conflict of Interest:** None declared

**Ethical approval:** The Ethics Committee of Rafsanjani University of Medical Sciences approved the study.

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