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## **Effect of Transcutaneous Electrical Nerve Stimulation on Menstrual Symptoms among Adolescent Girls**

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Menstruation and menstrual symptoms include affective, social and somatic symptoms. Today, there is a great tendency to use alternative medicine Transcutaneous Electrical Nerve Stimulation (TENS).

**Objective:** Explore the effect of Transcutaneous Electrical Nerve Stimulation (TENS) on menstrual symptoms among adolescent girls. Setting: The study was conducted at the Technical Institute of Nursing named “Dar Ismail” affiliated with the Ministry of Health and Population in Alexandria city.

**Subjects:** The sample comprised 100 eligible female students who were suffering from moderate to severe primary dysmenorrhea. They were assigned equally into 2 groups.

**Tools:** Three tools were validated and used; Students’ Basic Data Structured Interview Schedule, Visual Analogue Scale and Menstrual Symptom Questionnaire.

**Results:** The main study findings show that before intervention there was no statistically significant difference between groups regarding the severity of primary dysmenorrhea and its associated symptoms. Yet, students who received the TENS application showed a significant reduction in the severity of dysmenorrhea pain as well as daily life activities than a control group, after the intervention. On the other hand, the severity of nausea /vomiting and dizziness/tiredness were significantly improved in the study than in the control group on the first and third day of intervention) as same as depression and loss of interest after one hour on the first and third day of intervention between the study and control group.

**Conclusion:** It was concluded that TENS application is effective in alleviating menstrual pain and its related symptoms. Recommendations: It is important to have safe TENS therapies for the relief of menstrual problems.

### **References**

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