

Table 1) Distribution of demographic variables in study participants

Variables	Demographic Variables	Number (Percentage)
Age (Year)	12-13	6 (9.8)
	14-15	21(34.4)
	16-17	16(26.2)
	18-19	18 (29.6)
Education Level	Primary School	3 (4.9)
	Junior High School	26 (42.6)
	Senior High School and Higher	32 (52.5)
Age of Entrance to Boarding Centers (Year)	1-5	19 (31.1)
	6-10	22 (36.1)
	11-15	20 (32.8)
Visiting People	Mother	20 (32.8)
	Brother	13(21.2)
	Father	14 (23)
	Others	14 (23)
Visiting Interval	Once a Month	29(61.7)
	Twice a Month	9(19.1)
	More than a Month	5(10.7)
	Weekly	4(8.5)
Age of the First Menstruation	9-11	12 (19.7)
	12-13	33(54.1)
	14-16	16 (26.2)
Previous Training Regarding Puberty Health	Yes	57 (93.4)
	No	4 (6.6)

Table 2) Comparison of performance of the subjects on health puberty before and one month after intervention (Paired t-test)

Performance on Health Puberty	Mean	SD	Significance Level
Before Intervention	12.1	4.43	<0.001
After Intervention	16.50	2.79	

Table 3) Distribution of information resources for subjects in puberty issues

Source of Information	Number	Percentage
Radio	4	6.6
Television	12	19.7
Books	26	42.6
Journals and Newspaper	8	13.1
Pamphlets	7	11.5
School Health Teachers	31	50.8
Health Centers Staff	15	24.6
School Teachers and Consultants	19	31.2
Friends	37	60.6
Classes at Boarding Centers	13	21.3
Visitors and the People That Subjects Were Visiting During Vacation	41	70.5

Table 4) Comparison the frequency (percentage) of subjects' health behaviors during menstruation, before and one month after intervention

Performance	Before Intervention	After Intervention
Avoid foods with cool tempers like pickles	39.3	18
Avoid eating flatulent	26.2	70.5
Consumption of Iron supplements	47.5	52.5
Bathing during menstruation	88.5	100
Correct bathing (in standing position)	86.9	98.4
Using the tub or bathing in the sitting situation	24.6	1.6
Cleanliness during menstruation	75.4	100
How to properly take Cleanliness	26.2	93.4
Use of sanitary pads	83.6	96.7
Use of light-colored cotton underwear	63.9	93.4
Daily changing of underwear	90.2	93.4
Doing daily activities	49.2	73.8
Abstain from exercise	48.2	23
The use of analgesics to reduce pain of menstruation	65.6	65.6
Heating waist and abdomen (In case of having pain)	68.9	72.1
Referring to a doctor in case of having severe pain	29.5	55.7
Proper control of acne	85.2	86.9
Proper disposal of sanitary pads	93.4	95.1
Genital Health	78.7	96.7
Timely replacement of sanitary pads	49.2	82