

Table 1) Comparison of demographic parameters means in two control and intervention groups

Parameter	Mean	P Value
Age (Year)		
Control Group (n=50)	20.87±2.22	0.123
Intervention Group (n=50)	20.30±1.58	
Weight (Kg)		
Control Group (n=50)	58±6.71	0.513
Intervention Group (n=50)	59.80±10.17	
Height (kg)		
Control Group (n=50)	163.17±5.89	0.290
Intervention Group (n=50)	164.57±5.86	
Age of Stating Menarche (Year)		
Control Group (n=50)	13.05±1.21	0.862
Intervention Group (n=50)	13.00±1.33	
The distance between the two periods (days)		
Control Group (n=50)	29.97±10.71	0.938
Intervention Group (n=50)	29.87±5.81	
Bleeding period in every menstrual cycle (days)		
Control Group (n=50)	5.57±1.24	0.841
Intervention Group (n=50)	5.60±1.99	
Painful menstruation age (years)		
Control Group (n=50)	14.70±1.91	0.800
Intervention Group (n=50)	14.87±2.45	

Table 2) Comparison of pain intensity before and 1, 2, and 3 months after intervention in students with primary dysmenorrhea as among the groups (n = 50 per group)

Stage	Control Group	Intervention Group
Before Intervention	5.77±1.48	6.37±1.83
One Month After Intervention	5.95±1.55	4.56±2.33
Two Months After Intervention	6.02±1.33	4.29±2.49
Three Months After Intervention	6.10±1.52	3.92±2.59