Menstruation and the cycle of poverty: a cluster quasi-randomised control trial of sanitary pad and puberty education provision in Uganda


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Periodical title:
PLoS ONE, 11(12): e016612

Description:
Background: Poor menstrual knowledge and access to sanitary products have been proposed as barriers to menstrual health and school attendance. In response, interventions targeting these needs have seen increasing implementation in public and private sectors. However, there has been limited assessment of their effectiveness. Objectives: Assess the impact of providing reusable sanitary pads and puberty education on girls’ school attendance and psychosocial wellbeing outcomes. [...] Conclusion: Results of the trial support the hypothesised positive impact of providing sanitary pads or puberty education for girls’ school attendance in a developing country context. Findings must be interpreted with caution in light of poor participant retention, intervention fidelity, and the attendance measures used.

Links:
Menstruation and the cycle of poverty: a cluster quasi-randomised control trial of sanitary pad and puberty education provision. [1]

Themes:
Menstruation education [2]

Regions:
Africa [3]
Uganda [4]

Resource types:
Case studies and research papers [5]
Journal articles [6]
Keywords:
educational attendance [7] 
girls [8] 
girls education [9] 
health education [10] 
hygiene [11] 
knowledge [12] 
poverty [13] 
puberty [14] 

Languages:
English [15] 

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Links 
[8] https://hivhealthclearinghouse.unesco.org/library/search/_all_/keyword/girls 
[12] https://hivhealthclearinghouse.unesco.org/library/search/_all_/keyword/knowledge 
[14] https://hivhealthclearinghouse.unesco.org/library/search/_all_/keyword/puberty 