

Vetenskapliga studier om mens


Här är en lista på intressanta vetenskapliga studier som involverar mens. Listan kan aldrig vara komplett eftersom det kommer nya studier hela tiden men ger lite lästips för den som vill kika på forskning kring mens.

Mens och träning

- Rebekka J Findlay, Eilidh H R Macrae, Ian Y Whyte, Chris Easton & Laura J Forrest (2019). How the menstrual cycle and menstruation affect sporting performance: experiences and perceptions of elite female rugby players. *British Journal of Sports Medicine*.
<http://dx.doi.org/10.1136/bjsports-2019-101486>
- Iskender Güler (2020). Investigation of the effect of menstruation period on sportive performance of women's volleyball players. *African Educational Research Journal*.
<https://doi.org/10.30918/AERJ.82.20.068>
- Alexandra Caballero-Guzmán & María Mercedes Lafaurie-Villamil (2020). Swimming and menstruation: a qualitative study in elite female swimmers. *Revista de la Facultad de Medicina*.
<http://dx.doi.org/10.15446/revfacmed.v68n3.76135>
- Mikaeli Anne Carmichael, Rebecca Louise Thomson, Lisa Jane Moran & Thomas Philip Wycherley (2021). The Impact of Menstrual Cycle Phase on Athletes' Performance: A Narrative Review. *International Journal of Environmental Research and Public Health*.
<https://doi.org/10.3390/ijerph18041667>

Upplevelser av mens i olika situationer och i olika länder

- Elizabeth Kemigisha, Masna Rai, Wendo Mlahagwa, Viola N. Nyakato & Olena Ivanova (2020). A Qualitative Study Exploring Menstruation Experiences and Practices among Adolescent Girls Living in the Nakivale Refugee Settlement, Uganda. *International Journal of Environmental Research and Public Health*.
<https://doi.org/10.3390/ijerph17186613>
- Sarah E. Frank (2020). Queering Menstruation: Trans and Non-Binary Identity and Body Politics. *Sociological Inquiry*.
<https://doi.org/10.1111/soin.12355>

- Ellen McCammon, Suchi Bansal, Luciana E. Hebert, Shirley Yan, Alicia Menendez & Melissa Gilliam (2020). Exploring young women's menstruation-related challenges in Uttar Pradesh, India, using the socioecological framework. *Sexual and Reproductive Health Matters*. <https://doi.org/10.1080/26410397.2020.1749342>
 - Nadia Diamond-Smith, George O. Onyango, Salome Wawire & George Ayodo (2020). Knowledge of menstruation and fertility among adults in rural Western Kenya: Gaps and opportunities for support. *PLoS One*. <https://doi.org/10.1371/journal.pone.0229871>
 - Anise Gold-Watts, Marte Hovdenak, Marguerite Daniel, Subramanian Gandhimathi, Rajamani Sudha & Sheri Bastien (2020). A qualitative study of adolescent girls' experiences of menarche and menstruation in rural Tamil Nadu, India. *International Journal of Qualitative Studies on Health and Well-being*. <https://doi.org/10.1080/17482631.2020.1845924>
 - Emily A. Ricker, Carl W. Goforth, Amelia S. Barrett, Patricia A. Deuster & Sarah J. de la Motte (2021). Female Military Officers Report a Desire for Menstrual Suppression During Military Training. *Military medicine*. <https://doi-org.ezp.sub.su.se/10.1093/milmed/usaa339>
 - Kathryn Holmes, Christina Curry, Sherry, Tania Ferfolja, Kelly Parry, Caroline Smith, Mikayla Hyman & Mike Armour (2021). Adolescent Menstrual Health Literacy in Low, Middle and High-Income Countries: A Narrative Review. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph18052260>
 - Catriona Ida Macleod, Ryan du Toiti, Sharli Paphitis & Lindsay Kelland (2020). Social and structural barriers related to menstruation across diverse schools in the Eastern Cape. *South African Journal of Education*. <https://doi.org/10.15700/saje.v40n3a1663>
 - Julie Hennegan, Alexandra K. Shannon, Jennifer Rubli, Kellogg J. Schwab & G. J. Melendez-Torres (2019). Women's and girls' experiences of menstruation in low- and middle-income countries: A systematic review and qualitative metasynthesis. *PLoS Medicine*. <https://doi.org/10.1371/journal.pmed.1002803>
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- Shewaye Belay, Anne K. Sebert Kuhlmann & L. Lewis Wall (2020). Girls' attendance at school after a menstrual hygiene intervention in northern Ethiopia. *International Journal of Gynecology and Obstetrics*.
<https://doi-org.ezp.sub.su.se/10.1002/ijgo.13127>
- Yasmin Mohamed, Kelly Durrant, Chelsea Huggett, Jessica Davis, Alison Macintyre, Seta Menu, Joyce Namba Wilson, Mary Ramosaea, Michael Sami, Dani J. Barrington, Donna McSkimming & Lisa Natoli (2018). A qualitative exploration of menstruation-related restrictive practices in Fiji, Solomon Islands and Papua New Guinea. *PLoS One*.
<https://doi.org/10.1371/journal.pone.0208224>
- Ernestina Coast, Samantha R. Lattof & Joe Strong (2019). Puberty and menstruation knowledge among young adolescents in low- and middle-income countries: a scoping review. *International Journal of Public Health*. <https://doi.org/10.1007/s00038-019-01209-0>
- Breanne Fahs (2020). There Will Be Blood: Women's Positive and Negative Experiences with Menstruation. *Women's Reproductive Health*. <https://doi.org/10.1080/23293691.2019.1690309>
- Yeunhee Kwak, Yoonjung Kim & Kyoung Ah Baek (2019). Prevalence of irregular menstruation according to socioeconomic status: A population-based nationwide cross-sectional study. *PLoS ONE*.
<https://doi.org/10.1371/journal.pone.0214071>
- Diksha Pokhrel, Sabina Bhattarai, Malin Emgård, Michael von Schickfus, Birger C. Forsberg & Olivia Biermann (2021). Acceptability and feasibility of using vaginal menstrual cups among schoolgirls in rural Nepal: a qualitative pilot study. *Reproductive Health*.
<https://doi.org/10.1186/s12978-020-01036-0>
- Shantanu Sharma, Devika Mehra, Nele Brusselaers & Sunil Mehra (2020). Menstrual Hygiene Preparedness Among Schools in India: A Systematic Review and Meta-Analysis of System-and Policy-Level Actions. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph17020647>
- Robyn Steward, Laura Crane, Eilish Mairi Roy, Anna Remington & Elizabeth Pellicano (2018). "Life is Much More Difficult to Manage During Periods": Autistic Experiences of Menstruation. *Journal of Autism and Developmental Disorders*.
<https://doi.org/10.1007/s10803-018-3664-0>

- Subash Thapa & Arja R. Aro (2021). 'Menstruation means impurity': multilevel interventions are needed to break the menstrual taboo in Nepal. BMC Women's Health. <https://doi.org/10.1186/s12905-021-01231-6>
- Margaret L. Schmitt, Christine Hagstrom, Azure Nowara, Caitlin Gruer, Nana Ekua Adenu-Mensah, Katie Keeley & Marni Sommer (2021). The intersection of menstruation, school and family: Experiences of girls growing up in urban areas in the U.S.A. International Journal of Adolescence and Youth. <https://doi.org/10.1080/02673843.2020.1867207>

Kunskap om mens

- Arti Dubey, Deepti Yadav, Savita Bansal, Manya Prakash, Prerna Rimjhim & Mohammad Faizan (2020). Male awareness of menstruation and menstrual hygiene in urban India: Is it adequate? Indian Journal of Health and Well-being. <https://web-b-ebSCOhost-com.ezp.sub.su.se/ehost/detail/detail?vid=0&sid=9a1fcfb9-c5f1-4a0d-b2da-4cc083e7a0fc%40pdc-v-sessmgr02&bdata=JnNpdGU9ZWwhvc3QtbGl2ZSZzY29wZT1zaXRI#AN=147140636&db=aph>
- Gayoung Moon, Inkyung Kim, Habhin Kim, Suwan Choe, Soyeon Jeon, Jeonghun Cho, Sujeong Hong & Jisan Lee (2020). How can we improve knowledge and perceptions of menstruation? A mixed methods research study. BMC Women's Health. <https://doi.org/10.1186/s12905-020-01007-4>
- Marni Sommer, Bethany A. Caruso, Belen Torondel, Elodie C. Warren, Brooke Yamakoshi, Jackie Haver, Jeanne Long, Thérèse Mahon, Ella Nalinponguit, Neville Okwaro & Penelope A. Phillips-Howard (2021). Menstrual hygiene management in schools: midway progress update on the "MHM in Ten" 2014–2024 global agenda. Health research policy and systems. <https://doi.org/10.1186/s12961-020-00669-8>
- Judy Michael, Qaiser Iqbal, Sajjad Haider, Adnan Khalid, Naheed Haque, Rabia Ishaq, Fahad Saleem, Mohamed Azmi Hassali & Mohammad Bashaar (2020). Knowledge and practice of adolescent females about menstruation and menstruation hygiene visiting a public healthcare institute of Quetta, Pakistan. BMC Women's Health. <https://doi.org/10.1186/s12905-019-0874-3>

- Kholoud K. Alharbi, Afnan A. Alkharan, Doha A. Abukhamseen, Maryam A. Altassan, Wareef Alzahrani & Amel Fayed (2018). Knowledge, readiness, and myths about menstruation among students at the Princess Noura University. *Journal of Family Medicine and Primary Care*. https://doi.org/10.4103/jfmipc.jfmipc_279_18
- Ana Abreu-Sánchez, María Laura Parra-Fernández, María Dolores Onieva-Zafra & Elia Fernández-Martínez (2020). Perception of Menstrual Normality and Abnormality in Spanish Female Nursing Students. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph17176432>
- Andrea L. DeMaria, Cara Delay, Beth Sundstrom, Audrey L. Wakefield, Zeina Naoum, Jaziel Ramos-Ortiz, Stephanie Meier & Kristin Brig (2019). “My mama told me it would happen”: menarche and menstruation experiences across generations. *Women & Health*. <https://doi.org/10.1080/03630242.2019.1610827>
- Valerie Rubinsky, Jacqueline N. Gunning & Angela Cooke-Jackson (2018). “I Thought I Was Dying:” (Un)Supportive Communication Surrounding Early Menstruation Experiences. *Health Communication*. <https://doi.org/10.1080/10410236.2018.1548337>
- Neda Mohammadinia, Mohammad Ali Rezaei, Mohammad Ali Morowatisharifabad & Nastaran Heydarikhayat (2021). The effect of education based on PEN-3 cultural model on students’ menstrual health behaviors: a mixed method study. *Health Education Research*. <https://doi.org/10.1093/her/cyab001>
- Anja Benschaul-Tolonen, Sandra Aguilar-Gomez, Naomi Heller Batzer, Rebecca Cai & Elias Charles NyanzaI (2020). Period teasing, stigma and knowledge: A survey of adolescent boys and girls in Northern Tanzania. *PLoS One*. <https://doi.org/10.1371/journal.pone.0239914>
- Mike Armour, Kelly Parry, Mahmoud A. Al-Dabbas, Christina Curry, Kathryn Holmes, Freya MacMillan, Tania Ferfolja & Caroline A. Smith (2019). Self-care strategies and sources of knowledge on menstruation in 12,526 young women with dysmenorrhea: A systematic review and meta-analysis. *PLoS One*. <https://doi.org/10.1371/journal.pone.0220103>
- Mukta Gundi & Malavika A. Subramanyam (2020). Curious eyes and awkward smiles: Menstruation and adolescent boys in India. *Journal of Adolescence*. <https://doi.org/10.1016/j.adolescence.2020.09.013>

Hur mensen påverkar och påverkas

- Yoko Komada, Makoto Sato, Yuko Ikeda, Azusa Kami, Chika Masuda & Shigenobu Shibata (2021). The Relationship between the Lunar Phase, Menstrual Cycle Onset and Subjective Sleep Quality among Women of Reproductive Age. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph18063245>
- Yunhui Tang, Yan Chen, Hua Feng, Chen Zhu, Mancy Tong & Qi Chen (2020). Is body mass index associated with irregular menstruation: a questionnaire study? *BMC Women's Health*. <https://doi.org/10.1186/s12905-020-01085-4>
- Daphna Motro, Allison S. Gabriel & Aleksander P. J. Ellis (2019). Examining the effects of menstruation on women's helping behaviour in the workplace. *Journal of Occupational and Organizational Psychology*. <https://doi.org/10.1111/joop.12258>
- Juana Serret-Montoya, Miguel A. Villasís-Keever, María O. Mendoza-Rojas, Flor Granados-Canseco, Eira A. Zúñiga-Partida & Jessie N. Zurita-Cruz (2020). Factors that impact on the perception of menstruation among female adolescents. *Arch Argent Pediatr*. <http://dx.doi.org/10.5546/aap.2020.eng.e126>
- Andrea L. DeMaria, Beth Sundstrom, Stephanie Meier & Abigail Wiseley (2019). The myth of menstruation: how menstrual regulation and suppression impact contraceptive choice. *BMC Women's Health*. <https://doi.org/10.1186/s12905-019-0827-x>
- María Dolores Onieva-Zafra, Elia Fernández-Martínez, Ana Abreu-Sánchez, María Teresa Iglesias-López, Francisca María García-Padilla, Miguel Pedregal-González & María Laura Parra-Fernández (2020). Relationship between Diet, Menstrual Pain and other Menstrual Characteristics among Spanish Students. *Nutrients*. <https://doi.org/10.3390/nu12061759>
- Chittaranjan Behera, Asit Kumar Sikary, Asit Ranjan Mridha, Ravindra M. Pandey, Sujata Satapathy, Sanjeev Lalwani & Sudhir Gupta (2019). Association of menstruation cycle with completed suicide: a hospital-based case-control study. *Archives of Women's Mental Health*. <https://doi.org/10.1007/s00737-019-00964-6>
- Herdis Sveinsdottir (2017). The role of menstruation in women's objectification: a questionnaire study. *Journal of Advanced Nursing*. <https://doi.org/10.1111/jan.13220>

Övrigt

- Leah R. Fowler, Charlotte Gillard & Stephanie R. Morain (2020). Readability and Accessibility of Terms of Service and Privacy Policies for Menstruation-Tracking Smartphone Applications. Health Promotion Practice. <https://doi.org/10.1177/1524839919899924>

