

Open Access Original Article DOI: 10.7759/cureus.50950 Assessment of Knowledge, Attitudes, and Practices Regarding Menstrual Hygiene Management Among Adolescent Schoolgirls (10– 19 Years) in the Saurashtra Region, Gujarat Yogesh M 1 , Nidhi S. Trivedi 1 , Rachita Damor 2 , Monika Patel 3 , Hemangi Ladani 4 , Arya Ramachandran 4 , Roshni Vamja 4 , Bhumiika Surati 4 Review began 12/08/2023 Review ended 12/17/2023 Published 12/22/2023 Copyright 2023 M et al. This is an open access article distributed under the terms of the Creative Commons Attribution License CC-BY 4.0., which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. Abstract Background Menstrual health management proves pivotal for the adoption of hygienic practices and the embracement of womanhood from the onset of menarche. Menstrual hygiene is pivotal yet under-addressed among adolescent girls in India. This study aimed to assess the knowledge, attitudes, and practices regarding menstrual hygiene and influencing factors. Methodology A cross-sectional study was conducted among 361 adolescent schoolgirls aged 10–19 years in the Saurashtra region of Gujarat using a pretested questionnaire. Multistage sampling was used. In the first stage, six schools (three rural and three urban) were selected through random sampling. In the second stage, all adolescent girls aged 10–19 years in the selected schools who had attained menarche were invited to participate. Those who provided written assent were included in the study. The data were analyzed with descriptive statistics and logistic regression. A p-value