

Evaluation of a Smartphone Application for Self Care for Women With Menstrual Pain (Primary Dysmenorrhea): a Randomized Trial

Summary:

Smartphone apps might be a useful tool to guide and support individuals in self-management strategies and primary dysmenorrhea is a very common problem in young women. In a randomized controlled trial we aim to evaluate whether a smartphone app is effective in reducing menstrual pain in 18-34-year-old women with primary dysmenorrhea. For this we compare a combination of all available self care options of the smartphone app with two control versions focusing only on some of the self-care options. A total of 594 women with primary dysmenorrhea will be followed over 12 menstruation cycles. The primary outcome is the mean pain intensity on the days with pain during the 6th menstruation after randomization using a numerical rating scale (NRS; 0=no pain; 10=strongest pain imaginable). Women are eligible if they have primary dysmenorrhea, are between 18 and 34 years of age, not pregnant and do not plan to become pregnant within the next 12 months.

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