

# Menstrual Health Education Through Short Comic Stories: A Pilot Study Among Tribal Adolescent Girls

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## Background:

Tribal adolescent girls face significant barriers in accessing menstrual healthcare services. Despite the availability of healthcare schemes and IEC materials, the utilization remains low, attributed to limited awareness & cultural disparities.



## Aim:

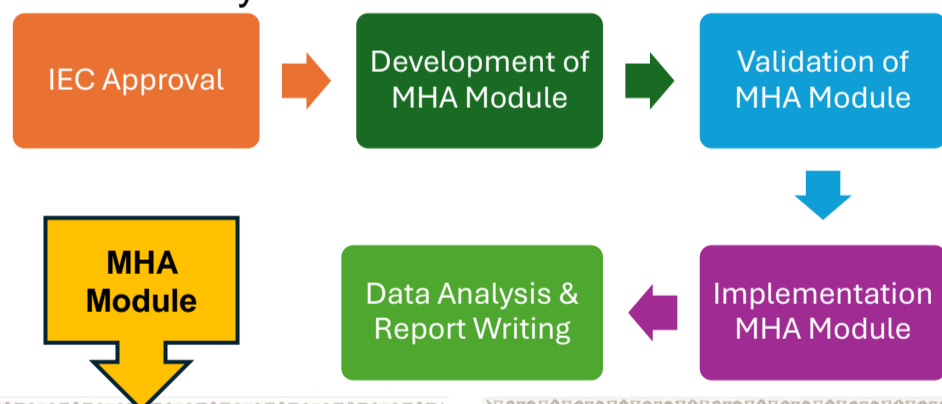
The aim is to develop, & validate Menstrual Health Awareness (MHA) module using short comic stories.

## Objectives:

To develop and validate the Menstrual Health Awareness (MHA) module.  
To assess the knowledge, and perception of tribal adolescent girls.

## Materials & Methods:

Study Design: Educational intervention  
Sample Size: 30 adolescent girls, Duration: 6 M  
Study setting- Field Practice Area  
Intervention: MHA module with short comic stories.  
Validation: Piloting the MHA module with interactive sessions, AV clips, and Q & A sessions followed by a feedback survey.



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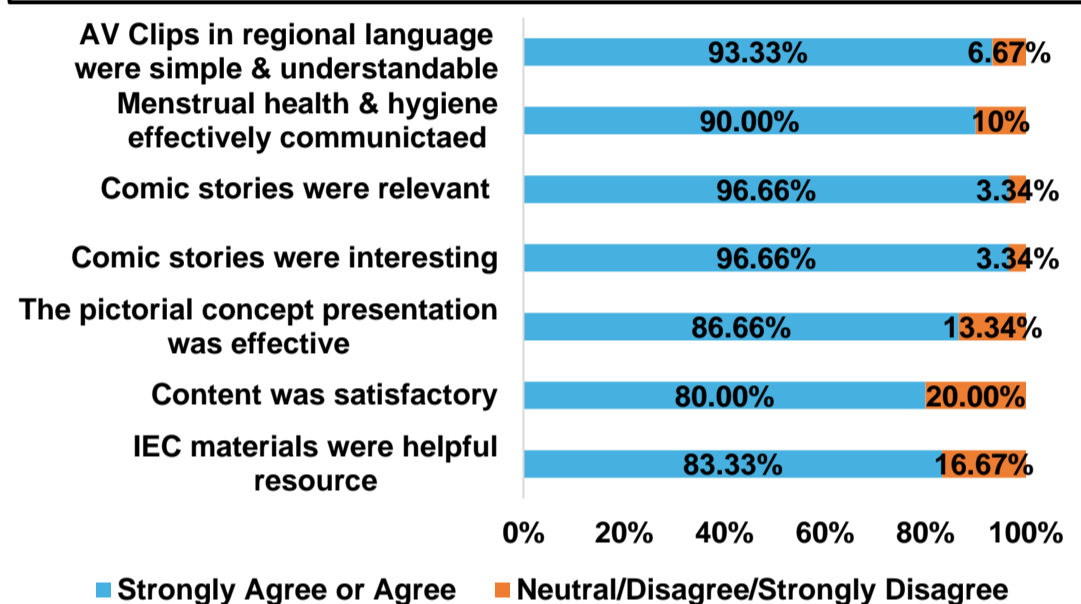
## Results:

The content of the menstrual health awareness module was validated with a CVI of 0.79. 96% & 86.6% of participants rated the overall quality of the MHA module and training session as 5 on a scale of 1 to 5 where 1 is poor & 5 is excellent.

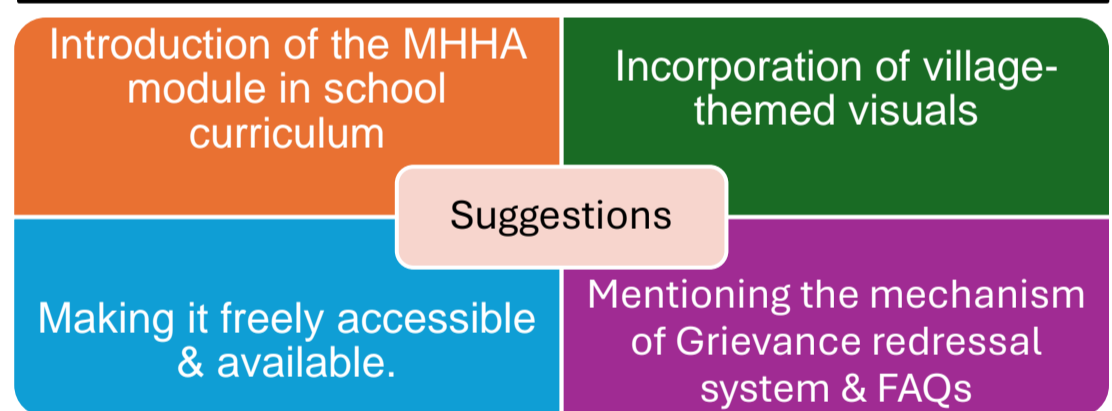
**Table-1: Pre-post-test analysis of knowledge scores (N=30)**

(N= 30)	Pre-Test	Post Test	P Value
Mean /SD	3.43/0.90	8.30/0.92	<0.0001

**Figure-1: Perception towards MHA Module:**



**Figure-2: Thematic analysis**



## Conclusion:

The study highlighted significant improvement in knowledge, of menstrual health and hygiene after the training session among adolescent girls. All participants were satisfied with the unique way of health education sessions through short comic stories on menstrual health.

## Key Message:

Menstrual health awareness through short comic stories, is an innovative way of health education, to promote inclusive policies for tribal adolescent girls.

## Acknowledgment:

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## References:

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