

# Challenges of PMS and Menstrual Cramps Faced by Teenagers Worldwide



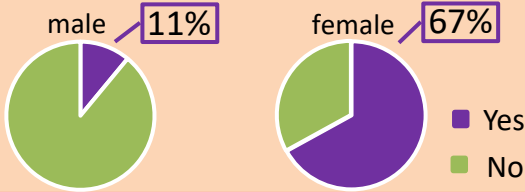
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## <Abstract>

Teenage girls worldwide often face PMS and menstrual cramps, but these symptoms are misunderstood and met with prejudice, creating a gender awareness gap. Using metaverse platforms for interactive activities could help bridge this gap.

## <Survey >

Q1. Have you ever heard of PMS?



Q2. Is there anything you would like men to do to address menstruation?

- "I want people to have correct knowledge about menstruation."
- "I want people to treat it as a normal thing, not a special thing that should not be approached."

## <interview>

It is necessary to increase understanding of PMS among both men and women, and to create an environment in which girls can more easily visit a hospital.

What we can do is...

**Creating a Community where Personal Information is Private**

# PPMeta

## <Preliminary Survey>

How much do you know about PMS?

| -first time-            | -second time-           |
|-------------------------|-------------------------|
| A. 3.42/5.00<br>(68.4%) | A. 2.12/5.00<br>(77.6%) |

## <Post Survey>

How much has your understanding of PMS increased?

| -first time-            | -second time-           |
|-------------------------|-------------------------|
| A. 3.42/5.00<br>(68.4%) | A. 3.88/5.00<br>(77.6%) |

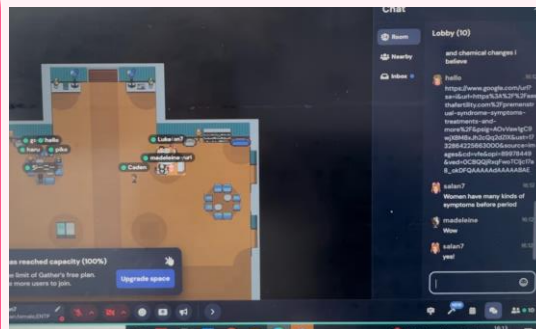
Do you feel more comfortable speaking on the Metaverse than in person?

| -first time-          | -second time-          |
|-----------------------|------------------------|
| A. 4.40/5.00<br>(88%) | A. 5.00/5.00<br>(100%) |

I thought it was really a nice means to talk about such a complex theme

## -1st session-

A chat in Japanese  
(People from our school students and teachers)



Using 「Gather Town」

## -2nd session-

A chat in English  
(Include Japanese, Singaporean, Australian, and American students)

## <Conclusion>

- The metaverse session has been effective because it has improved the understanding of PMS.
- Metaverse has the effect of making it easier for men to hear women's opinions directly, and for women to discuss their concerns with each other.
- Inviting experts to the session is a good way to obtain proper and accurate knowledge.
- Interacting with foreigners can lead to learning about new perspectives and about situations and approaches in other countries.

## <In the future>

- Time difference -To make this session a regular event.
- Language barrier -To promote this event to the public.
- Unlike conversations in real life, it was sometimes difficult to know who was going to speak next or to grasp the rhythm of the conversation, so it was difficult to know whose response to a statement was being made.

## <references>

生田についてみんな知っている? | 私を、知ろう...\_Mint+ teens  
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 月経について | 女性特有の健康課題 <https://www.bosai-navi.mhlw.go.jp/health/menstruation.html>  
 月経前症候群(PMS) | 女性の健康推進室ヘルスケアラボ | 厚生労働省研究開発  
 月経前症候群(PMS)/月経前不快気分障害(PMDB)チェック | 女性の健康推進室ヘルスケアラボ | 厚生労働省研究開発

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