



Supporting Information

Supplementary results

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

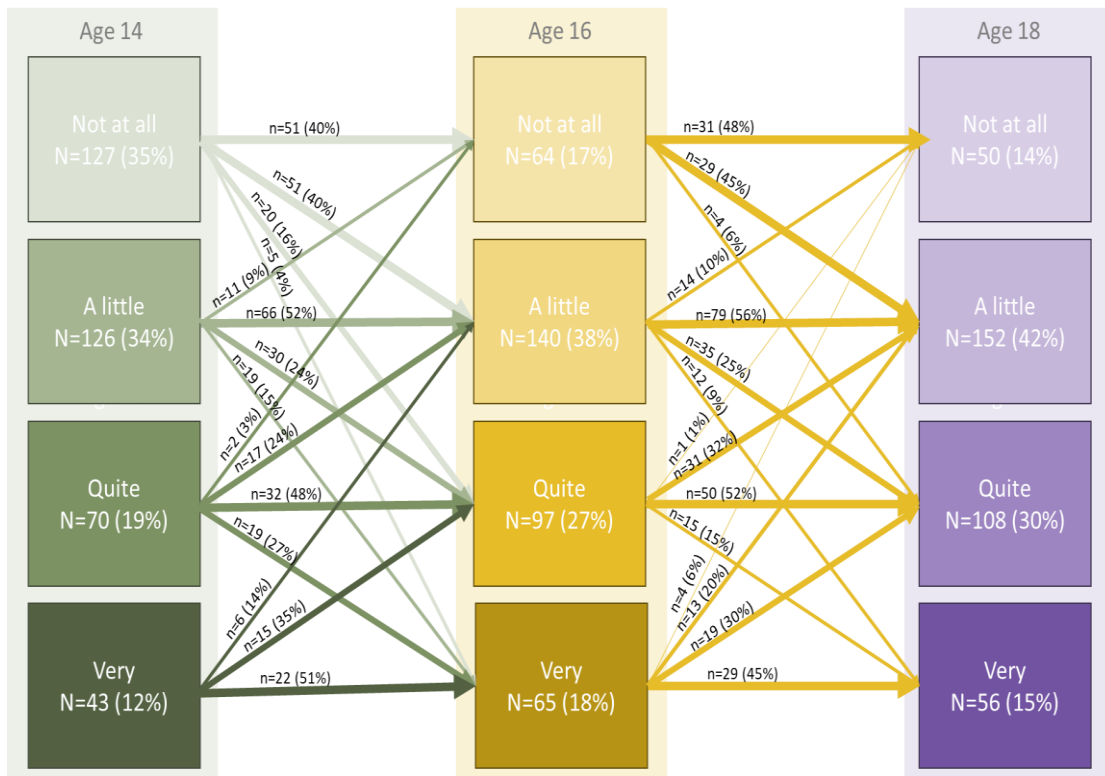
Appendix to: Cameron L, Mikocka-Walus A, Sciberras E, et al. Menstrual pain in Australian adolescent girls and its impact on regular activities: a population-based cohort analysis based on Longitudinal Study of Australian Children survey data. *Med J Aust* 2024; doi: 10.5694/mja2.52288.

Table 1. Associations between oral contraceptive pill use and period pain severity: χ^2 analyses

Age (Wave)	Degrees of freedom	Respondents	χ^2 statistic	P
Age 14 (Wave 6)	3	16	3.4	0.33
Age 16 (Wave 7)	3	382	4.2	0.24
Age 18 (Wave 8)	3	660	4.8	0.19

Figure 1. Longitudinal Study of Australian Children Kinder cohort participants who reported period pain severity at waves 6 (14 years), 7 (16 years), and 8 (18 years), according to period pain severity reported at the preceding timepoint (restricted to the 366 participants who reported period pain severity at all three waves)*

* For example, of the 12% (n=43) of adolescents reporting very painful periods at age 14, 51% (n=22) continued to report very



painful periods at age 16. Eighteen percent (n=65) of adolescents reported very painful periods at age 16, with 45% (n=29) of those adolescents also reporting very painful periods at age 18. No adolescents who reported a very painful period at age 14 reported not at all painful periods at age 16. Conversely, no adolescents who reported not at all painful periods at age 16 reported very painful periods at age 18.

Table 2. Proportion of 644 adolescents missing multiple activities according to severity of period pain at age 14 (Wave 6)*

		Number of activities missed			
Period pain severity	Respondents	0	1	2	3
Not at all	201	168 (84%)	26 (13%)	5 (2%)	2 (1%)
A little	229	158 (69%)	43 (19%)	19 (8%)	10 (4%)
Quite	138	76 (55%)	29 (21%)	20 (14%)	13 (9%)
Very	76	21 (28%)	28 (37%)	18 (24%)	9 (12%)

* χ^2 (9, N = 644), 93.7, P < 0.001.

Table 3. Proportion of 1341 adolescents missing multiple activities according to severity of period pain at age 16 (Wave 7)*

		Number of activities missed				
Period pain severity	Respondents	0	1	2	3	4
Not at all	203	183 (90%)	18 (9%)	2 (1%)	0 (0%)	0 (0%)
A little	480	380 (79%)	78 (16%)	15 (3%)	7 (1%)	0 (0%)
Quite	368	234 (64%)	94 (26%)	31 (8%)	8 (2%)	1 (0%)
Very	290	107 (37%)	81 (28%)	57 (20%)	34 (12%)	11 (4%)

* χ^2 (12, N = 1341), 276.9, P < 0.001.

Table 4. Proportion of N = 1102 adolescents missing multiple activities according to severity of period pain at age 18 (Wave 8)*

		Number of activities missed				
Period pain severity	Respondents	0	1	2	3	4
Not at all	159	147 (92%)	9 (6%)	3 (2%)	0 (0%)	0 (0%)
A little	443	358 (81%)	54 (12%)	25 (6%)	5 (1%)	1 (0%)
Quite	307	184 (60%)	61 (20%)	47 (15%)	11 (4%)	4 (1%)
Very	193	68 (35%)	42 (22%)	45 (23%)	28 (15%)	10 (5%)

* χ^2 (12, N = 1102), 231.6, P < 0.001.

Table 5. Period pain severity for participants who reported missing selected activities because of their periods, by activity type and study wave

Wave 6 (N = 644)								
	Missed School		Missed Social Activities		Missed Sport/Exercise			
	Number	Proportion	Number	Proportion	Number	Proportion		
Not at all	9	8%	14	12%	22	15%		
A little	30	26%	40	33%	47	32%		
Quite	41	36%	37	31%	42	29%		
Very	34	30%	30	25%	35	24%		
TOTAL	114	100	121	100	146	100		
Wave 7 (N = 1341)								
	Missed School		Missed Social Activities		Missed Sport/Exercise		Missed Work	
	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion
Not at all	10	3%	7	4%	4	3%	2	3%
A little	54	18%	23	14%	42	28%	9	13%
Quite	77	26%	52	31%	44	29%	11	16%
Very	152	52%	86	51%	60	40%	45	67%
TOTAL	293	100	168	100	150	100	67	100
Wave 8 (N = 1102)								
	Missed School		Missed Social Activities		Missed Sport/Exercise		Missed Work	
	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion
Not at all	5	3%	0	0	10	6%	0	0
A little	32	21%	32	18%	43	25%	13	13%
Quite	51	33%	54	31%	57	33%	31	31%
Very	66	43%	87	50%	61	36%	57	56%
TOTAL	154	100	173	100	171	100	101	100

Table 6. Numbers of selected activities missed by participants because of their periods, by study wave and period pain severity

Wave 6 (N = 222)						
	Number of activities missed					
	1		2		3	
	Number	Proportion	Number	Proportion	Number	Proportion
Not at all	25	20%	4	7%	3	8%
A little	41	33%	17	28%	12	32%
Quite	30	24%	19	31%	15	39%
Very	27	22%	21	34%	8	21%
TOTAL	123	100	61	100	38	100

Wave 7 (N = 1341)										
	Number of activities missed									
	0		1		2		3		4	
	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion
Not at all	179	20%	15	5%	3	3%	0	0	0	0
A little	368	41%	79	27%	14	13%	7	17%	0	0
Quite	233	26%	97	33%	31	29%	7	17%	1	9%
Very	107	12%	102	35%	59	55%	28	67%	10	91%
TOTAL	887	100	293	100	107	100	42	100	11	100

Wave 8 (N = 1102)										
	Number of activities missed									
	0		1		2		3		4	
	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion	Number	Proportion
Not at all	145	19%	9	6%	3	2%	0	0	0	0
A little	351	46%	51	31%	27	21%	5	13%	1	6%
Quite	190	25%	63	39%	47	37%	8	20%	3	19%
Very	71	9%	40%	25%	49	39%	27	68%	12	75%
TOTAL	757	100	163	100	126	100	40	100	16	100