Reviewer's report

Title: Prevalence of dysmenorrhea among university students in northern Ghana; its impact and management strategies

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Reviewer: Lena Marions

Reviewer's report:

This subject is very important to describe since there are many women suffering from pelvic pain due to menstruation in spite of available methods. I have however some concerns after reading the manuscript. In the introduction the authors state that fatty diet restriction, rest and spinal manipulation eases pain due to dysmenorrhea. To my knowledge this is not evidence based and also not the potential positive effect on dietary supplements. It is mentioned that combined contraceptives might be an effective option but is that available for these women? It is not included in the results but that might not be an option in Ghana. Would be interesting to know

In the method part I do not quite understand the power calculation and study size determination. How did 990 become the total study population? Out of 1249? And then 389 participants were supposed to represent the study population?

Regarding the questionnaire it is not described how many questions? Anonymous? How was pain assessed? Did they get the three categories mild, moderate and severe to choose between or was there a VAS or NRS? Or open-ended? This is important when results are being compared.

There is quite wide range in age of the participants with some outlayers (48 years). A median value could make this clearer. How was quality of Life assessed? There are validated forms for this, were they used?

In the tables a lot of information can be deleted without losing any important information i.e type of accomodation at menarche, area of residence during vacation etc.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

No

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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