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## Menstruation, Mood, and Lifestyle Changes after COVID-19 Vaccination and/or Infection among Females in Childbearing Period: An International Cross-Sectional Study, 2021

The National Institute of Health (NIH) calls on researchers to study the effects of the COVID-19 vaccine on menstruation. Therefore, this study was conducted to study the menstruation, mood, and lifestyle changes after the COVID-19 vaccination and/or infection and their interrelations among women in the childbearing period (CBP).

**Methodology:** A cross-sectional study was conducted during October 2021 using an Arabic validated and self-administrated questionnaire. In total, 1254 females in CBP (15–50 y) with regular menstrual cycles were randomly selected from five countries (Saudi Arabia, Egypt, Syria, Libya, and Sudan).

**Results:** The mean age of the studied 1254 females was  $29.6 \pm 8.5$  y. In total, 634 (50%) were married, 1104 (88.0%) had a university education or above, 1064 (84.4%) lived in urban areas, and 573 (45.7%) had normal body weight. Moreover, 524 (41.8%) were COVID-19-infected cases and 98 women (18.7%) reported menstrual changes (MCs). The 1044 (83.5%) vaccinated females reported 352 (33.7%) MCs after being vaccinated and these MCs resolved in 194 women (55.1%) after more than nine months. The main negatively affected lifestyle domains were physical activity 492 (38.1%), social activities (37.1%), and body weight (31.0%), among the studied females in CBP. A significant direct correlation was found between anxiety and depression screening scales.

**Conclusions:** MCs among females in CBP after COVID-19 infection and vaccination are a prevalent and complex problem. More than one-third of the studied females in the CBP during the fourth wave of the COVID-19 pandemic showed negative affection regarding physical, social activities, body weight, and GAD-2 and PHQ-2 total scores. Both COVID-19 infection and vaccination act synergistically to increase these side effects. However, fortunately, all these changes are self-limited and reversible with a variable period. Further researches are required to provide more information

## Biography

Ahmed Ahmed Mohamed Amer is a Professor of Gynecology, and Obstetric, Zagazig University, Egypt. Diploma in basic laparoscopy at Escolap Academy, Tuttlingen, Germany. Member at Egyptian Fertility Society and Society of Gynecologists and Obstetricians. Member in the Permanent Scientific Board in Supreme Council of Universities, Egypt for evaluating researches for jobs of professors and assistant professors. Obs. & Gyn The previous head of Oncology Unit, At Zagazig University and the previous Head of Obs. & Gyn. Department at Bakhsh hospital, Saudi Arabia. His expertise in reviewing, and evaluation of many local, and international institutions, He shared in more than 72 scientific papers, and prepared three books that improving the health and wellbeing of the women, and their babies. He is a Chairman person, and a Keynote speaker in many national, and International Conference. He had many Television health education programs.

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