Table 1- The demographic characteristics of the two groups

|  |  |  |
| --- | --- | --- |
| Demographic characteristics | Group  | p-value |
| Control SD±mean | Exercise SD±mean |
| Age  | 1.08±20.73 | 1.21±21.08 | 0.234 |
| BMI | 2.56±21.18 | 2.41±21.19 | 0.979 |
| Age of Menarche | 1.09±13.32 | 1.40±13.29 | 0.259 |
| Interval of Menstrual cycle | 3.45±25.82 | 4.26±25.55 | 0.931 |
| Duration ofBleeding | 1.15±4.76 | 1.10±4.52 | 0.722 |
| Duration ofMenstrual cycle | 0.88±6.76 | 1.04±6.85 | 0.651 |

Table 2- Comparing the mean scores of pain intensity in the two groups

|  |  |  |
| --- | --- | --- |
| pain intensity | Group | p-value |
| ControlSD ± Mean | ExerciseSD ± mean  |
| First month(before the intervention)  | 1.67±6.58 | 2.04±6.61 | 0.948 |
| Second month | 2.60±4.64 | 1.94±6.941 | <0.001 |
| Third month  | 2.12±4.17 | 1.96±6.67 | <0.001 |
| p-value | 0.598 | <0.001 |  |

Table 3- Comparing the mean duration of pain in the two groups

|  |  |  |
| --- | --- | --- |
|  Duration of pain | Group | p-value |
| Control SD±mean(hour) | Exercise SD±mean(hour) |
| First month (before the intervention)   | 5.24 ± 7.910 | 7.63 ± 10.70 | .083 |
| Second month | 5.49±7.67 | 7.17±9.63 | 0.793 |
| Third month | 6.03 ± 8.35 | 4.77 ± 5.29 | 0.024 |
| p-value | 0.562 | <0.001 |  |

Table 4- Comparing the mean anxiety level in the two groups

|  |  |  |
| --- | --- | --- |
| Anxiety level | Group | p-value |
| Control SD±mean | Exercise SD±mean |
| First month (before the intervention)   | 21.16±95.35 | 20.84 ± 93.44 | 0.709 |
| Second month | 23.61 ±96.94 | 21.75 ± 90.55 | 0.251 |
| Third month | 23.74 ± 94.08 | 15.26±90.61 | 0.476 |
| p-value | 0.656 | 0.670 |  |