

REVIEWER'S REPORT

Manuscript No.: IJAR-52200

Date: 11/06/2025

Title: "A Quasi-Experimental Study to Assess the Knowledge Regarding Pre-Menstrual Syndrome and Its Management Among Early Adolescent Girls in Selected Government Schools in Jalandhar, Punjab, India"

Recommendation:

- ✓ Accept as it is
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr. S. K. Nath

Date: 12/06/2025

Reviewer's Comment for Publication:

The study successfully demonstrates that a structured educational intervention significantly improves early adolescent girls' knowledge about PMS. It highlights the importance of health education in schools for empowering young girls with information that can influence their health behaviors. However, future research should incorporate larger, randomized samples, control groups, and evaluate long-term impacts on attitudes and behaviors related to PMS management.

Reviewer's Comment / Report

Strengths:

- Clear Objective & Relevance:** The study addresses an important reproductive health issue—PMS—among adolescent girls, a critical demographic for health education.
- Methodological Approach:** Employs a quasi-experimental design with pre- and post-tests, allowing assessment of intervention efficacy.
- Use of Structured Tools:** Developed a reliable self-structured knowledge assessment tool with a reported reliability coefficient of 0.77.
- Educational Intervention:** Uses both PowerPoint presentations and pamphlets, aligning with educational best practices for health awareness.
- Statistical Analysis:** Utilizes descriptive and inferential statistics to analyze data, showing significant knowledge improvement (pre-test mean: 7.53; post-test mean: 19.63).

Weaknesses:

- Limited Sample Size & Sampling Technique:** The sample size of 60 girls from a specific region limits generalizability; non-probability purposive sampling may introduce bias.
- Short-term Evaluation:** The study appears to measure immediate knowledge gains post-intervention but does not assess long-term retention or behavioral change.
- Lack of Control Group:** Absence of a control group makes it difficult to attribute improvements solely to the intervention.
- Limited Demographic Analysis:** Although demographic variables were collected, the analysis does not extensively explore how factors like socioeconomic status or education level influence results.
- Focus Only on Knowledge:** Does not measure changes in attitudes or actual management practices of PMS among participants.
- Page References and Clarity:** Some sections are densely packed with data; clearer explanations of statistical significance levels are lacking.