

Dysmenorrhea jcm-13-06262 Abstract

TTNS Treatment For Women With Dysmenorrhea

Objective

Primary dysmenorrhea (PD) is a leading cause of chronic pelvic pain in women. The study assessed the effectiveness of **transcutaneous tibial nerve stimulation (TTNS)** in improving the quality of life, sleep, and overall health perceptions of participants compared to a control group of women with dysmenorrhea over short-term, medium-term, and long-term periods.

Results

A statistically significant improvement was observed in the experimental group in both physical and mental health components following 12 weeks of intervention, compared to the control group, persisting six months after the intervention. The study concluded that **TTNS** appears to be a safe and effective strategy for enhancing quality of life and overall health in women with PD, potentially reducing the reliance on pharmacological treatments or more invasive methods.

Participants and Researchers

Of the 61 participants initially randomized (31 in the experimental group and 30 in the control group), 55 completed the study and were included in the final analysis.

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Methods

A single-blind, controlled clinical trial was conducted, with participants randomly assigned to an experimental group (receiving TTNS) or a control group (receiving sham TTNS). Both groups underwent 12, weekly 30-minute sessions using the **NeuroTrac PelviTone** (Verity Medical) electrostimulation device. Outcomes related to quality of life, sleep deficiency, and overall improvement were evaluated at three time points: short-term (post-treatment), medium-term (one to three months), and long-term (six months).

The full abstract can be found at <https://www.mdpi.com/2077-0383/13/20/6262>