

General characteristics of the participants (N = 36)

Variables		mean±SD or <i>n</i> (%)	Range
Age		20.94±1.17	19.00-23.00
Weight (kg)		54.92±6.11	44.50-70.50
Education	High school graduate	35 (97.2)	
	College graduate	1 (2.8)	
Major	Nursing	19 (54.3)	
	Others	16 (45.7)	
Smoking	Yes	9 (25.0)	
	No	27 (75.0)	
Alcohol	Almost every day	3 (8.3)	
	Occasionally	30 (83.3)	
	None	3 (8.3)	
Living	Alone	12 (33.3)	
	With family	24 (66.7)	
Income per month (won)	< ₩300,000	23 (63.9)	
	₩300,000–₩500,000	7 (19.4)	
	> ₩500,000	6 (16.7)	
Days after LMP in normal condition		18.42±15.42	3.00-85.00
	Menstrual phase	9 (25.0)	
	Follicular phase	9 (25.0)	
	Luteal phase	17 (47.2)	
	Unknown	1 (2.8)	
Days after LMP in stressful condition		20.09±9.67	0.00-43.00
	Menstrual phase	4 (11.2)	
	Follicular phase	9 (25.0)	
	Luteal phase	23 (63.9)	