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| --- | --- | --- | --- | --- | --- | --- | --- |
| Identification code | pain | age | height | weight | BMI | menarch age | bleeding |
| Participant identification code | intensity pain0 to 10 | year | centimeter | Kilograms | Body mass index | year | the number of day bleeding |

**Supplementary File 2: Coding schema for Dataset 1.**

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| --- | --- | --- | --- | --- |
| Distance between menstruation | mother education | father education | mother Job | Father job |
| 1=<21day2=21-35day3=>35day | 1=illiterate2=Unfinished education3=Diploma4=Diploma5=MA6=P.H.D | 1=illiterate2=Unfinished education3=Diploma4=Diploma5=MA6=P.H.D | 1=housewife2=Free job3=Employee4=Retired5=Doctor | 1= Unemployed2=Free job3=Employee4=Retired5=Doctor |

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| --- | --- | --- | --- | --- | --- | --- |
| Vacuum cleaner | kitchen | Computer | n. Computer | Clothes washer | Bathroom | freezer |
| 0=no1=yes | 0=no1=yes | 0=no1=yes | Number of computers at home | 0=no1=yes | 0=no1=yes | 0=no1=yes |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| dish washer | car | n. car | Mobile | tv | dvd | telephone | Bank account |
| 0=no1=yes | 0=no1=yes | Number of cars at home | 0=no1=yes | 0=no1=yes | 0=no1=yes | 0=no1=yes | 1=yes2=no |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Pinch bank balance | Income of families | Home | Ownership of the house | Home meter | numbers of People living at home | Private house | How to own a home |
| 1=yes2=some what3=no | 1=yes2=no | 1=House2=the apartment | 1=the owner2=Tenant3=Living with relatives4=Organizational Home | 1=,<1002=101-2003=201-3004=>301 | Number of persons | 1=yes2=no | 1=Inheritance2=Gift3=Personal |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Individual monthly income | Mother's Monthly Income | Father's monthly income | job | physical activity in job (Ph.activity2) | D.ph.activity2 | t3 | moderate physical activity (ph.activity4) |
| 1=<500 thousand tomans2=500 thousand tomans -1000000 Million3=1-2milion4=>2milion | 1=<500 thousand tomans2=500 thousand tomans -1000000 Million3=1-2milion4=>2milion | 1=<500 thousand tomans2=500 thousand tomans -1000000 Million3=1-2milion4=>2milion | 1=Employed2=Non-employment | 1=yes2=no | Number of days of intense physical activity related to work | Time spent on activity | 1=yes2=no |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| D.ph.activity4 | t5 | Hiking related jobs (j.walking6) | D.J.walking6 | t7 | Use of motor vehicles | D.v.naghliye8 | t9 |
| Number of days of average physical activity related to work | Time spent on activity | 1=yes2=no | Number of work-related walking days  | Time spent on activity | 1=yes2=no | Number of days of travel by motorized vehicles | Travel time with motor vehicles |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| have going to bicycle in week | D.bicycle 10 | t11 | have go to walking in week (walkig12) | D.walking12 | t13 | have severe physical activity in week (sever.ph) | D.sever.ph14 | t15 | have moderate physical activity in week in garden (moderate.ph.ga) | D.moderate.ph.g16 |
| 1=yes2=no | Number of cycling days to go somewhere | Time spent on activity | 1=yes2=no | Number of days walking from place to place | Time spent on activity | 1=yes2=no | Number of days of intense physical activity in the yard or garden | Time spent on activity | 1=yes2=no | The number of days a week |

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| --- | --- | --- | --- | --- | --- | --- |
| t17 | have moderate physical activity in week in home (moderate.ph.h) | D.moderate.ph.h18 | t19 | Hiking in leisure | D.walking20 | t21 |
| Time spent on activity | 1=yes2=no | The number of days a week | Time spent on activity | 1=yes2=no | Number of holidays in leisure | Time spent on activity |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| go arobic.runningswiming,football.severe  | D.severe.ph22 | t23 | go arobic.running.swiming,football.moderate | D.moderate.ph24 | t25 | t26 | t27 |
| 1=yes2=no | The number of days go arobic.runningswiming,football.severe | Time spent on activity | go arobic.running.swiming,football.moderate | The number of days a week | Time spent on activity | Seated time | Seated time in friday |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Nutriation q1 | Nutriation q2 | Nutriation q3 | Nutriation q4 | Nutriation q6 | Nutriation q7 | Nutriation q5 | Nutriation q6 |
| 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly |

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| --- | --- | --- | --- | --- | --- | --- |
| Nutriation q7 | Nutriation q8 | Nutriation q9 | Nutriation q10 | Nutriation q11 | Nutriation q12 | Nutriation q13 |
| 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly |

|  |  |  |
| --- | --- | --- |
| Nutriation q14 | Nutriation q15 | Nutriation q16 |
| 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly | 1=Never2=sometimes3=Always4=mostly |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| pain | Bmi | Age at menarch | kode age | kode bleeding | Property | kode Property | Code of Nutrition |
| 1=No dysmenorrhea2=dysmenorrhea | 1=<18.52=18.5-24.93=25-29.94=>30 | 1=<112=12-153=>16 | 1=18-202=21-233=34-263=>26 | 1=3-52=5-73=7-94=>9 | scores | 1=0-202=21-403=41-604=61-805=81-100 | 1=<%33/32=%33/3-%66/63=>%66/6 |

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| --- | --- | --- | --- | --- | --- | --- |
| workwalk | workwalkmet | workmoderate | workmoderatemet | worksever | worksevermet | totalwork |
| Number of work-related walking days x t7 | metxdayxtime3.3 xdayxtime | D.ph.activity4xt5(Number of days of average physical activity related to workX t5 ) | 4xdayxtime | Number of days of intense physical activity sever related to workxt3 | 8xdayxtime | workwalkmet+ workmoderatemet+ worksevermet |

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| --- | --- | --- | --- | --- | --- |
| domesticsever | Domesticsever met | domesticmoderateyard | domesticmoderatermet | domesticmoderateinside | domesticmoderateinsidemet |
| Number of days of intense physical activity in the yard or garden xt15 | 5.5xdayxtime | The number of days a weekxt17 | 4xdayxtime | D.moderate.ph.h18(The number of days a week)xt19 | 3xdomesticmoderateinside |

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| --- | --- | --- | --- | --- | --- |
| totaldomestic | leisurewalk | leisurewalkmet | leisuresevermet | leisuremoderate | leisuremoderatemet |
| = domesticmoderateinsidemet | Number of holidays in leisure x t21 | 3.3x leisurewalk | The number of days go arobic.runningswiming,football.severe xt23 | D.moderate.ph24(The number of days a week)xt25 | 4x leisuremoderate |

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| --- | --- | --- | --- | --- | --- |
| totalleisure | Sit1 | Sit2 | sitmet | trans walk | transwalkmet |
| leisurewalkmet+ leisuresevermet+leisuremoderatemet | (t26 \* 6 + t27 \* 1) | (sit1 / 7) | (1.3 \* sit1) | D.walking12Number of days walking from place to placext13 | 3.3x trans walk |

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| --- | --- | --- | --- | --- | --- | --- |
| transcycle | transcyclemet | Trans car | Trans car met | totaltrans | totalwalk1 | totalmoderat1 |
| Number of cycling days to go somewhere xt11 | Metxdayxtime6xdayxtime | Number of days of travel by motorized vehiclesx Travel time with motor vehicles | 1.3xdayxtime | transwalkmet+ transcyclemet+ Trans car met | transwalkmet+ leisurewalkmet | = workmoderatemet+ domesticmoderatermet+ domesticmoderateinsidemet+ leisuremoderatemet |

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| --- | --- | --- | --- | --- | --- |
| totalsever | ph1 | ph2 | ph2kodePhysical activity code | RECODE faliyat | faliyat |
| =leisuresevermet | totalwalk1+ totalmoderat1+ totalsever | ph1+ totaltrans | 1=<%33/32=%33/3-%66/63=>%66/6 | RECODE faliyat (Lowest thru 600=1) (600 thru 3000=2) (3000 thru Highest=3) | =(ph2 + sitmet) |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| mww | mwm | mws | tmw | mtm | mtd | mtw | tmt |
| workwalkmet/60 | workmoderatemet/60 | worksevermet/60 | totalwork/60 | Transmashinmet/60 | transcyclemet/60 | transwalkmet/60 | totaltrans/60 |

|  |  |  |  |
| --- | --- | --- | --- |
| mds | mdmy | mdmh | tmd |
| Domesticsever met/60 | domesticmoderatermet/60 | domesticmoderateinsidemet/60 | totaldomestic/60 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| mwl | msl | mml | tml | ms | faliyatfiziki | metsit | ph6 | kodeph6 |
| leisurewalkmet | leisuresevermet | leisuremoderatemet | totalleisure/60 | Sit1/60 | faliyat=(ph2 + sitmet) | Sit2x7 | =(ph2 + sitmet) | 1=<%33/32=%33/3-%66/63=>%66/6 |