

COVER LETTER

Padang, November 12, 2025

Dear Prof. drg. Zahroh Shaluhiah, MPH,Ph.D,
Editor in Chief of Jurnal Promosi Kesehatan Indonesia

We are pleased to submit our manuscript entitled “Effect of Peer Education on Knowledge and Attitudes Toward Menstrual Hygiene Management (MHM) Among Boarding School Students” for consideration as an original article in Jurnal Promosi Kesehatan Indonesia. This study employed a mixed-methods design using an explanatory sequential approach. Our findings indicate that peer education is an effective strategy for enhancing adolescents’ understanding and practices related to menstrual hygiene.

We believe that this manuscript is particularly appropriate for publication in Jurnal Promosi Kesehatan Indonesia because it contributes new evidence to the field of adolescent reproductive health promotion. Research specifically examining the impact and effectiveness of interventions related to Menstrual Hygiene Management (MHM) remains limited, particularly in the Asia–Pacific region, including Indonesia. We hope that the findings of this study will provide valuable insights for policy development and future school-based health promotion strategies.

This manuscript has not been previously published and is not under consideration for publication elsewhere in any form. All authors have approved the final version of the manuscript and agree with its submission. We declare that there are no conflicts of interest associated with this work.

Thank you very much for your consideration. We look forward to the opportunity to contribute to your esteemed journal.

Sincerely,

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