

Proposed questions on menstrual health for inclusion in household survey questionnaires for individual women

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Prepared by the WHO/UNICEF Joint Monitoring Programme for Water Supply, Sanitation and Hygiene (JMP)

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1. Background

Menstrual health (MH) is a broad term that includes the various factors that influence the experience of those who menstruate (Box 1). It is central to achieving multiple Sustainable Development Goals (SDGs) and fulfilling basic human rights.¹ The term MH is recommended to broaden the focus beyond menstrual hygiene and limit stigma associated with the term hygiene and links to uncleanliness.²

Box 1. Definition of Menstrual health (MH)³: Menstrual health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in relation to the menstrual cycle. Achieving menstrual health implies that women, girls, and all other people who experience a menstrual cycle, throughout their life-course, are able to:

- access accurate, timely, age-appropriate information about the menstrual cycle, menstruation, and changes experienced throughout the life-course, as well as related self-care and hygiene practices.
- care for their bodies during menstruation such that their preferences, hygiene, comfort, privacy, and safety are supported. This includes accessing and using effective and affordable menstrual materials and having supportive facilities and services, including water, sanitation and hygiene services, for washing the body and hands, changing menstrual materials, and cleaning and/or disposing of used materials.
- access timely diagnosis, treatment and care for menstrual cycle-related discomforts and disorders, including access to appropriate health services and resources, pain relief, and strategies for self-care.
- experience a positive and respectful environment in relation to the menstrual cycle, free from stigma and psychological distress, including the resources and support they need to confidently care for their bodies and make informed decisions about self-care throughout their menstrual cycle. .
- decide whether and how to participate in all spheres of life, including civil, cultural, economic, social, and political, during all phases of the menstrual cycle, free from menstrual-related exclusion, restriction, discrimination, coercion, and/or violence.

MH is relevant for all 17 SDGs⁴, including SDG 6.2, which aims for ‘universal access to adequate and equitable sanitation and hygiene for all...paying special attention to the needs of women and girls...’. It is also linked to health outcomes (SDG 3), including sexual and reproductive health and the impact of stigma, shame and stress around menstruation on mental health. People who menstruate may miss school or work, or struggle to participate and benefit fully in educational activities (SDG 4) or economic opportunities (SDG 8) due to menstruation, and achievement of gender equality (SDG 5) is both affected by and dependent on removing stigma, discrimination and taboos associated with menstruation that often restrict participation of people who menstruate.¹

MH is a precursor to the fulfilment of many human rights, such as those related to health, education, work, adequate housing and safe water and sanitation.⁵ Upholding human rights such as the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) depends on the ability of people who menstruate to make informed decisions and access the facilities, services and materials they need for MH.^{1,6}

Monitoring MH is therefore crucial to inform policy and programming changes that will improve the rate of progress toward related SDG targets and ensure that associated human rights are fulfilled.

2. Proposed MH questions for inclusion in household surveys

Many household survey questions on MH (see examples in the **Annexes**) already address several elements of the new definition of MH. Data from these surveys have supported global monitoring of MH, with inclusion in country files and reports published by the WHO/UNICEF Joint Monitoring Programme for Water Supply, Sanitation and Hygiene (JMP).

This document is a zero draft of suggested MH questions for inclusion in household surveys, specifically in the questionnaire for individual women (**Table 1**). These questions are based on a balance of the following goals:

- Provide impactful data that can support national policy and programming changes,
- Reflect the new definition of MH (**Box 1**), including emerging recommended questions and indicator domains from MH experts⁷,
- Prioritize questions already being used in national surveys and data collection efforts,
- Maintain comparability with previously used questions to support time series data, and
- Optimize the number of questions while ensuring they are clear and simple.

The proposed questions in this document aim to cover the elements from previous surveys while also addressing emerging elements on unmet material needs, knowledge, menstrual pain, and social support which were not previously captured.

These questions would support calculation of the following indicators, all referring to the proportion of women age 15-49 years who have menstruated in the past year (based on eligibility criteria used in household surveys such as MICS and DHS). These indicators can also be disaggregated by residence (urban/rural), subnational region, age, education level, disability status, and wealth quintile by retaining associated questions in core questionnaires.

Domain	Proportion of women age 15-49 years who have menstruated in the past year who...
Materials	reported having enough menstrual materials throughout their last menstrual period
Facilities	had a private place to change their menstrual materials at home
Knowledge	knew about menstruation before their first menstrual period
Discomfort/ disorders	were able to reduce their menstrual (menstruation-related) pain during their last menstrual period when they needed to
Supportive environment	would feel comfortable seeking help for menstrual problems from a health care provider
MH impacts	did not have trouble participating in school, paid work, or social activities due to their last menstrual period

Additional and alternative questions are provided in **Table 2** to facilitate further discussion, including thirteen questions flagged for an expanded list if there are opportunities to included additional questions on MH.

The key resources that informed many of the proposed questions are included in the Annexes for ease of reference.

These questions have been reviewed by the following MH experts convened by the JMP: Julie Hennegan (Burnet Institute), Belen Torondel-Lopez (London School of Hygiene and Tropical Medicine), Bethany Caruso (Emory University), Marni Sommer (Columbia University), Erin Hunter (Sydney School of Public Health and Johns Hopkins Bloomberg School of Public Health), Therese Mahon (WaterAid), Penelope Phillips-Howard (Liverpool School of Tropical Medicine), Sue Cavill (independent consultant), Jackie Haver (Save the Children), and Aditi Krishna (Iris Group).

Table 1. MH questions proposed for inclusion in household surveys

Proposed question	Proposed responses	Skip logic	Rationale
Q1. Have you had a menstrual period within the past year?	YES 1 NO..... 2	2 ⇒ End	A simplified version of MICS6 UN14 and UN15. This question is based on eligibility questions for monitoring girls' MH recommended by the Global MHH Monitoring Group (GMMG) which asks if respondents have had a period within the past 6 months. ⁷ Recall bias may be reduced by using a shorter timeframe but more research is needed to understand the implications of a shorter recall period. ⁵ Eligibility for other surveys or guidance documents include women who have menstruated in the past year (USAID DHS8 ²² , JMP core questions ²⁰), the past 6 months (GMMG ⁷ , USAID workplace in Nepal ²³), and the past 3 months (PMA2020 ²¹ , USAID workplace in Kenya ²³). One year is used here for consistency with MICS6 and DHS8. If helpful to identify women who have menstruated within the past year and who have menstruated within the past 6 months, a follow up question asking if the respondent has had a menstrual period within the past six months could be added (E4 in Table 2).
Q2A. During your last menstrual period, did you have trouble participating in paid work due to your period? <i>Select N/A (not applicable) if the woman would not normally attend paid work days.</i>	YES 1 NO..... 2 N/A 8		These three questions expand on MICS6 UN16 to ask about each activity separately providing more detail and supporting accurate denominator calculations. ⁵ The phrasing is updated to ask about trouble participating rather than attendance considering recommendations by the GMMG ⁷ and evidence that suggests attendance does not necessarily reflect participation. ⁸ Additional activities could be added (as separate questions) based on local context.
Q2B. During your last menstrual period, did you have trouble participating in class (at school) due to your period? <i>Select N/A (not applicable) if the woman would not normally attend school.</i>	YES 1 NO..... 2 N/A 8		
Q2C. During your last menstrual period, did you have trouble participating in social activities due to your period? <i>Select N/A (not applicable) if the woman would not normally participate in social activities.</i>	YES 1 NO..... 2 N/A 8		
Q3. During your last menstrual period, did you worry [translation note: were you concerned] that someone would see you while you were changing menstrual materials at home?	YES 1 NO..... 2 DK / DON'T REMEMBER. 8		This is a revised version of MICS6 UN17 and DHS8 239 to reduce the number of elements included in one question. It is recommended by the GMMG for monitoring girls' MH ⁷ based on PMA2020 ²¹ and JMP ²⁰ questions on privacy. It has been modified to language used in the MPNS ¹³ to avoid the term "privacy" which can be difficult to translate consistently ⁹ and focus on the respondent's experience. It has been validated in Uganda with women at work ¹² using the WHO-5 response categories (78.9% never), as well as with primary school girls in Uganda ¹³ and university students in Turkey ¹⁴ using response options of never, sometimes, often, always. Yes/No responses are recommended to reduce complexity.

<p>Q4. During your last menstrual period, did you have enough menstrual materials to change them as often as you wanted to throughout your menstrual period?</p>	<p>YES 1 NO..... 2 DK / DON'T REMEMBER. 8</p>		<p>This is aligned with recommended questions from the GMMG for monitoring girls' MH⁷ which highlights that the type of material used may not reflect unmet material needs¹⁰. This question has been used in the MPNS-36 with women in the workplace in Uganda using response categories from the WHO-5 well-being index¹¹ (1.7% never, 8.8% less than half, 13.5% more than half, 76% always; N=525)¹² as well as in Kenya (63.6% always; N=632) and Nepal (78.0% always; N=437)²³. A version for schools with responses of never, sometimes, often, and always has also been validated with primary school girls in Uganda (36.1% always; N=538)¹³ and university students in Turkey (mean 2.7 with 0-3 never-always; N=446)¹⁴. Yes/No responses are recommended to reduce complexity.</p>
<p>Q5. Before you had your first menstrual period, did you know about menstruation?</p>	<p>YES 1 NO..... 2 DON'T REMEMBER 8</p>		<p>This is included in UNICEF guidance for monitoring MH⁵ and is recommended by the GMMG for monitoring girls' MH⁷. While coverage is unlikely to change rapidly, it is a strong indicator for advocacy and disaggregating by age could provide insight into changes over time in the shorter term. A similar question has been used in national surveys in Bangladesh¹⁵ and Egypt¹⁶ which were highlighted in the JMP 2021 household report¹⁷.</p>
<p>Q6. During your last menstrual period, were you able to reduce your menstrual (menstruation-related) pain when you needed to? <i>Menstrual pain may include abdominal (stomach, tummy, belly) pain, back pain, and cramping.</i></p>	<p>YES 1 NO..... 2 N/A, I DIDN'T NEED TO REDUCE PAIN DURING MY LAST MENSTRUAL PERIOD 8</p>		<p>This question is added based on expert feedback on the importance of menstrual discomfort and disorders.⁵ It is recommended by the GMMG for monitoring girls' MH⁷ based on 'various past surveys capturing the proportion of women/girls who have access to resources for menstrual pain management' and 'a question in the Self-Efficacy in Addressing Menstrual Needs Scale (SAMNS-26) which includes a question about confidence in the ability to reduce menstrual pain'.¹⁸</p>
<p>Q7. If you had a concern about your menstrual period, would you feel comfortable seeking help from a health care provider such as a school nurse, community health worker, or doctor?</p>	<p>YES 1 NO..... 2</p>		<p>Adapted from a question recommended by the GMMG for monitoring girls' MH⁷. This question has been validated in Kenya (87.9% yes) and Nepal (87.9% yes) with women in workplaces²³ and was originally used in a cross-sectional survey of women in workplaces in Uganda¹⁹.</p>

3. Additional and alternative questions considered

Additional and alternative questions that were considered for the list of proposed questions are included in **Table 2**. Recommended questions for an expanded list if space allows are highlighted with an asterisk. Questions have been numbered for easy referencing; these numbers do not refer to original question codes.

Table 2. Additional and alternative questions

Domain	Question	Response categories	Notes
Eligibility	E1. When did your last menstrual period start? (DATE, IF GIVEN) _____ <i>Record the answer using the same unit stated by the respondent.</i> <i>If '1 year', probe: How many months ago?</i>	DAYS AGO 1 ___ WEEKS AGO..... 2 ___ MONTHS AGO..... 3 ___ YEARS AGO..... 4 ___ IN MENOPAUSE / HAS HAD HYSTERECTOMY 993 BEFORE LAST BIRTH 994 NEVER MENSTRUATED 995	MICS6 question UN14 with a modification to enter a date, if given, based on the DHS8 ²² question 236 which is otherwise similar. Recommend simplifying if this level of detail has not been needed in past MICS6 analyses.
	E2. Check UN14: Was the last menstrual period within last year?	YES, WITHIN LAST YEAR 1 NO, ONE YEAR OR MORE 2	MICS6 UN15 and DHS8 237. This would no longer be needed if Q1 is used.
	E3. Have you had a menstrual period within the past year?	YES 1 NO, BUT OTHER FORM OF VAGINAL BLEEDING 2 NO, NO MENTRUAL PERIOD OR OTHER VAGINAL BLEEDING 3	Adaptation of the question recommended by the GMMG based on JMP Expert Group suggestion. ⁷ The additional response category provides information on the proportion of women that experience non-menstrual cycle vaginal bleeding (e.g. lochia) to inform future monitoring efforts.
	*E4. Have you had a menstrual period within the past 6 months?	YES 1 NO 2	Follow up question to Q1 in Table 1 to allow for analysis of recall time. *Recommended for expanded list to complement Q1.
	M1. Were the materials reusable?	YES 1 NO 2 DK 8	MICS6 question UN19. This could be dropped if expanded response options are included (as in the following question). If this question is retained, it would be helpful to differentiated between reused cloth / impromptu material and commercial reusable products.
	*M2. During your last menstrual period, what material did you mainly use to absorb or catch menstrual blood? (do not read options aloud)	SINGLE USE MENSTRUAL PADS/LINERS 1 REUSABLE MENSTRUAL PADS..... 2 TAMPONS..... 3 MENSTRUAL CUP 4 CLOTH 5 COTTON WOOL 6 TOILET PAPER..... 7 ABSORBENT UNDERWEAR/PERIOD PANTIES..... 8 UNDERWEAR ONLY (NON-ABSORBENT) .. 9 OTHER 10 NOTHING 11 DK / DON'T REMEMBER..... 88	Based on JMP core question M2 ²⁰ , PMA2020 question 603 ²¹ , and DHS8 question 238 ²² . This provides more detail and may also replace UN19 since this can approximate the proportion using reusable materials. Based on MH expert feedback and PMA2020 classifications ²¹ , the following could be classified as reusable: reusable sanitary pads, menstrual cup, cloth, absorbent underwear, underwear only. A version of this question has been validated with women in the workplace in Kenya (N=632) and Nepal (N=437) which included revisions based on field testing, namely a note to not read the options aloud and the addition of pantyliners to single-use pads. ²³ *Recommended for expanded list to complement Q4.
	M3. Of all the different menstrual material options, which one would you prefer if you could choose anything you wanted? (read options aloud)	SINGLE USE SANITARY PADS 1 REUSABLE SANITARY PADS 2 TAMPONS..... 3 MENSTRUAL CUP 4 CLOTH..... 5 COTTON WOOL 6 TOILET PAPER..... 7 ABSORBENT UNDERWEAR..... 8 UNDERWEAR ONLY (NON-ABSORBENT) .. 9 OTHER 10 NOTHING 11 DK / DON'T REMEMBER..... 88	Adapted from the UNICEF U-Report as suggested in the UNICEF Guidance for monitoring MH. ⁵ The proposed question on material used (Table 1) is needed to determine if they used their preferred material. A simpler version that does not require another question is provided below (M4).

	<p>*M4. During your last menstrual period, were you able to use your preferred type of menstrual materials throughout your menstrual period?</p> <p><i>Note: menstrual materials are used to absorb or catch menstrual blood, such as (read aloud): Single use menstrual pads, Reusable menstrual pads, Tampons, Menstrual cup, Cloth, Cotton wool, Absorbent underwear (period panties)</i></p>	<p>YES 1 NO 2 DK / DON'T REMEMBER 8</p>	<p>Adapted from the UNICEF U-Report as suggested in the UNICEF Guidance for monitoring menstrual health and hygiene.⁵ Reading a list of menstrual materials may be necessary. A similar question, "During your last menstrual period, were you able to use the menstrual product/s that you most wanted to use?", was included in the expert reviewed 54-item pool¹³ used to develop the MPNS-36 and was tested in Uganda and Australia. *Recommended for expanded list to complement Q4.</p>
Facilities	<p>*F1. During your last menstrual period, was the place that you changed your materials at home clean?</p>	<p>YES 1 NO 2 DK / AWAY FROM HOME DURING LAST MENSTRUAL PERIOD 8</p>	<p>Indicator adapted from priority indicators recommended by the GMMG⁷ which includes these two and ProposedUN17. If only one can be included, the JMP expert group on MH felt ProposedUN17 would be the priority though these are all important. *Recommended for expanded list to complement Q3.</p>
	<p>*F2. During your last menstrual period, did you feel safe while you were changing your menstrual materials?</p>	<p>YES 1 NO 2 DK / AWAY FROM HOME DURING LAST MENSTRUAL PERIOD 8</p>	
	<p>F3. During your last menstrual period, was the place you most often changed your menstrual materials at home:</p> <p><i>Record all that apply</i></p>	<p>CLEAN? A PRIVATE (YOU DIDN'T WORRY YOU COULD BE SEEN)? B SAFE (YOU DIDN'T WORRY YOU COULD BE HARMED)? C SUPPLIED WITH WATER? D SUPPLIED WITH SOAP? E DK / AWAY FROM HOME DURING LAST MENSTRUAL PERIOD X</p>	<p>Adapted from the example questions in the UNICEF Monitoring Guide for MH⁵, the priority indicators recommended by the GMMG⁷, and PMA2020²¹. Separate questions are proposed in the short list (rather than this matrix style) to reduce complexity. The expert group also felt that having soap and water in the location where women change materials at home is not always necessary.²</p>
	<p>*F4. During your last menstrual period, did the place you clean yourself at home have water and soap available</p>	<p>YES, WATER AND SOAP 1 WATER, BUT NOT SOAP 2 SOAP, BUT NOT WATER 3 NEITHER WATER OR SOAP 4</p>	<p>Adapted from questions in PMA2020²¹, DHS8²², and a school-level question recommended by the GMMG⁷. A similar question has been validated with women in workplaces in Kenya and Nepal where two questions were used (Annex 7, items 8.1 and 8.2, results: 30% in Kenya and 56% in Nepal for yes to both)²³. This question focuses on cleaning yourself since the location for changing at home does not always need to have water and soap. The JMP expert group on MH recommended to include this in the short list if a question on bathing facilities is not added to the main MICS household survey.² *Recommended for expanded list to complement Q3.</p>
	<p>*F5. During your last menstrual period, where did you dispose of your menstrual materials after use? PROBE: Anywhere else?</p> <p><i>Do not read options aloud. Select all that apply.</i></p>	<p>FLUSH TOILET A LATRINE B WASTE BIN/TRASH BAG C BURNING D BUSH/FIELD E OTHER Y NA, DIDN'T NEED TO DISPOSE OF MENSTRUAL MATERIALS X</p>	<p>Adapted from PMA2020²¹ where it is only asked of those that responded in a previous question that they used disposable sanitary pad, new cloth, cotton wool, diaper, tampons, toilet paper, or other, or that responded to a separate question that they did not wash and reuse materials. An additional response of 'NA, didn't need to dispose of menstrual materials' was added so this can be a standalone question. *Recommended for expanded list to complement Q3.</p>
	<p>*F6. During your last menstrual period, were you always able to dispose of your used menstrual materials in the way that you wanted to?</p>	<p>YES 1 NO 2 NA / DIDN'T NEED TO DISPOSE OF MENSTRUAL MATERIALS 8</p>	<p>Adapted from the MPNS-36¹³. Response options are yes/no to reduce complexity and an additional response of 'NA, didn't need to dispose of menstrual materials' was added. *Recommended for expanded list to complement Q3.</p>
	<p>*F7. During your last menstrual period, were you always able to wash your menstrual materials whenever you wanted to?</p>	<p>YES 1 NO 2 NA / DIDN'T NEED TO WASH MENSTRUAL MATERIALS 8</p>	<p>Adapted from the MPNS-36¹³. Response options are yes/no to reduce complexity and an additional response of 'NA, didn't need to wash menstrual materials' was added. *Recommended for expanded list to complement Q3.</p>

	*F8. During your last menstrual period, were you always able to dry your menstrual materials whenever you wanted to?	YES 1 NO 2 NA / DIDN'T NEED TO DRY MENSTRUAL MATERIALS 8	Adapted from the MPNS-36 ¹³ . Response options are yes/no to reduce complexity and an additional response of 'NA, didn't need to dry menstrual materials' was added. *Recommended for expanded list to complement Q3.
Knowledge	*K1. From one menstrual period to the next, are there certain days when a woman is more likely to become pregnant?	YES 1 NO 2 DK / DON'T REMEMBER 8	From DHS8 ²² and priority indicators recommended by the GMMG ⁷ . *Recommended for expanded list to complement Q5.
	*K2. If yes, is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods? (pick one)	JUST BEFORE HER PERIOD BEGINS..... 1 DURING HER PERIOD..... 2 RIGHT AFTER HER PERIOD HAS ENDED.... 3 HALFWAY BETWEEN TWO PERIODS 4 DK / DON'T REMEMBER 8	From DHS8 ²² and priority indicators recommended by the GMMG ⁷ . Correct knowledge of the fertile period is 'halfway between two menstrual periods'. *Recommended for expanded list to complement Q5.
Discomfort / disorders	D1. How confident are you that you can reduce abdominal (stomach/tummy/belly) pain during your period?	SCALE OF 1-100	Adapted from a question in the Self-Efficacy in Addressing Menstrual Needs Scale (SAMNS-26) in Bangladesh. ¹⁸ Scale requires orientation with respondents.
Supportive Environment	*S1. Do you have someone who you would feel comfortable asking for support (advice, resources, emotional support) for your period if needed?	YES 1 NO 2	Based on a recommended question from the GMMG ⁷ and the definition of MH ¹ . The question recommended by the GMMG is based on multiple workplace surveys ^{24,19} and modified to more clearly specify the types of support that may be sought. A question specific to seeking help from a health care provider is included in Table 1 . *Recommended for expanded list to complement Q7.
Menstrual health impacts	I1. During your last menstrual period, did you have trouble participating in any of the following activities due to your period? <i>Ask one by one</i> [A] Class (at school)? [B] Paid work? [C] Social activities? [D] Cooking food for others? [E] Eating with others? [F] Bathing in regular place? <i>Select all that apply. Select N/A (not applicable) if the woman would not normally do this activity.</i>	YES NO NA [A] CLASS (AT SCHOOL)? 1 2 8 [B] PAID WORK? 1 2 8 [C] SOCIAL ACTIVITIES? 1 2 8 [D] COOKING FOR OTHERS? 1 2 8 [E] EATING WITH OTHERS? 1 2 8 [F] BATHING IN REGULAR PLACE? 1 2 8	Adapted from the priority indicators recommended by the GMMG ⁷ and the JMP core question M3 ²⁰ based on evidence that suggests presence at activities does not necessarily reflect participation. ⁸ 'Cooking food' has been modified to 'cooking food for others' based on MH expert review. Specific activities could be adapted according to local culture (such as religious activities or sowing seeds). Separate questions are proposed in the short list (rather than this matrix style) to reduce complexity. The expert group also felt the last three activities were too context specific. ²
	I2. Did your period negatively impact any day during your last menstrual period?	YES 1 NO 2	Adapted from priority indicators recommended by the GMMG ⁷ . Original phrasing is 'getting my period does not impact my day' but the negative phrasing may make this difficult to respond to, particularly when translated.

* The skip logic has been removed from Table 2 to save space but includes the following: End if E1 is 993, 994, 995 or E2 is 2; End if E3 is 2 or 3; Skip K2 if K1 is 2 or 8.

Annex 1. MH questions in MICS6 questionnaire

The following questions were included in the MICS6 questionnaire for Individual Women (20200617). Proposed changes and rationale are included here (Table A1). For additional details, including sources of the proposed questions, see Table 1.

Table A1. MH questions in MICS6 questionnaire for Individual Women (20200617) and proposed changes

Question	Response options*	Proposed question	Proposed response options*	Rationale
<p>UN14. When did your last menstrual period start?</p> <p><i>Record the answer using the same unit stated by the respondent.</i></p> <p><i>If '1 year', probe:</i> How many months ago?</p>	<p>DAYS AGO 1 ___</p> <p>WEEKS AGO..... 2 ___</p> <p>MONTHS AGO..... 3 ___</p> <p>YEARS AGO..... 4 ___</p> <p>IN MENOPAUSE / HAS HAD HYSTERECTOMY 993 BEFORE LAST BIRTH .. 994 NEVER MENSTRUATED 995</p>	<p>ProposedUN14-15. Have you had a menstrual period within the past year?</p>	<p>YES 1</p> <p>NO..... 2</p>	<p>Simplifies interview and analysis if this level of detail has not been needed in past MICS6 analyses.</p>
<p>UN15. Check UN14: Was the last menstrual period within last year?</p>	<p>YES, WITHIN LAST YEAR 1</p> <p>NO, ONE YEAR OR MORE 2</p>			<p>Not needed if proposed question is used.</p>
<p>UN16. Due to your last menstruation, were there any social activities, school or work days that you did not attend?</p>	<p>YES 1</p> <p>NO 2</p> <p>DK / NOT SURE / NO SUCH ACTIVITY..... 8</p>	<p>PROPOSEDUN16A. During your last menstrual period, did you have trouble participating in paid work due to your period? <i>Select N/A (not applicable) if the woman would not normally attend paid work days.</i></p> <p>PROPOSEDUN16B. During your last menstrual period, did you have trouble participating in class due to your period? <i>Select N/A (not applicable) if the woman would not normally attend school.</i></p> <p>PROPOSEDUN16C. During your last menstrual period, did you have trouble participating in social activities due to your period? <i>Select N/A (not applicable) if the woman would not normally participate in social activities.</i></p>	<p>YES 1</p> <p>NO..... 2</p> <p>N/A 8</p> <p>YES 1</p> <p>NO..... 2</p> <p>N/A 8</p> <p>YES 1</p> <p>NO..... 2</p> <p>N/A 8</p>	<p>Separates questions on each activity to improve clarity, enable reporting on different activities, and reduce challenges around the denominator. The modified questions also ask about participation rather than attendance based on recommendations by the GMMG⁷ and evidence that suggests attendance does not necessarily reflect participation.⁸</p>
<p>UN17. During your last menstrual period were you able to wash and change in privacy while at home?</p>	<p>YES 1</p> <p>NO 2</p> <p>DK..... 8</p>	<p>ProposedUN17. During your last menstrual period, did you worry [translation note: were you concerned] that someone would see you while you were changing menstrual materials at home?</p>	<p>YES 1</p> <p>NO..... 2</p> <p>DK / DON'T REMEMBER 8</p>	<p>Simplifies to focus on a private place to change materials (to limit the number of elements in a single question) and defines 'private'.</p>

UN18. During your last menstrual period Did you use any materials such as sanitary pads, tampons or cloth?	YES 1 NO 2 DK 8	ProposedUN18. During your last menstrual period, did you have enough menstrual materials to change them as often as you wanted to throughout your menstrual period?	YES 1 NO..... 2 DK / DON'T REMEMBER 8	UN18 is insufficient to assess if menstrual needs are met and coverage has been very high.
UN19. Were the materials stated in UN18 reusable?	YES 1 NO 2 DK 8			UN18 was modified. UN19 could be moved to expanded list of questions and modified to be standalone.
		ProposedUN20. Before you had your first menstrual period, did you know about menstruation?	YES 1 NO..... 2 DON'T REMEMBER 8	Recommended by global MH experts.
		PROPOSEDUN21. During your last menstrual period, were you able to reduce your menstrual (menstruation-related) pain when you needed to?	YES 1 NO..... 2 N/A, I DIDN'T NEED TO REDUCE PAIN DURING MY LAST MENSTRUAL PERIOD 8	Recommended by global MH experts.
		ProposedUN22. If you had a concern about your menstrual period, would you feel comfortable seeking help from a health care provider such as a school nurse, community health worker, or doctor?	YES 1 NO..... 2	Recommended by global MH experts.

* The skip logic has been removed from Table A1 to save space but includes the following for MICS6 questions: End if UN14 is 993, 994, 995 or UN15 is 2, and End if UN18 is 2 or 8; and for proposed MICS7 questions: End if proposed UN14-15 is 2. The JMP Expert Group on MH recommended maintaining a consistent denominator for all questions where possible.

Annex 2. MH questions in the DHS8 women’s questionnaire

The following table is extracted from the DHS8 women’s questionnaire published by USAID (formatting date: 8 April 2022).²² The MH questions are asked of women who have menstruated in the past year.

SECTION 2. REPRODUCTION

NO.	QUESTIONS AND FILTERS	CODING CATEGORIES	SKIP
236	When did your last menstrual period start? _____ (DATE, IF GIVEN)	DAYS AGO 1 ___ WEEKS AGO..... 2 ___ MONTHS AGO 3 ___ YEARS AGO..... 4 ___ IN MENOPAUSE / HAS HAD HYSTERECTOMY .. 994 BEFORE LAST BIRTH..... 995 NEVER MENSTRUATED..... 996	240 240 241
237	CHECK 236: WAS THE LAST MENSTRUAL PERIOD WITHIN THE LAST YEAR?	YES, WITHIN LAST YEAR NO, ONE YEAR OR MORE	240
238 (1)	During your last menstrual period, what did you use to collect or absorb your menstrual blood? Anything else?	REUSABLE SANITARY PADS A DISPOSABLE SANITARY PADS B TAMPONS C MENSTRUAL CUP D CLOTH E TOILET PAPER F COTTON WOOL G UNDERWEAR ONLY H OTHER (SPECIFY) X NOTHING Y	
239	During your last menstrual period, were you able to wash and change in privacy while at home?	YES 1 NO 2 AWAY FROM HOME DURING LAST MENSTRUAL PERIOD 3	
240	How old were you when you had your first menstrual period?	AGE DON'T KNOW 98	
241	From one menstrual period to the next, are there certain days when a woman is more likely to become pregnant?	YES 1 NO 2 DON'T KNOW 8	243
242	Is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods?	JUST BEFORE HER PERIOD BEGINS 1 DURING HER PERIOD 2 RIGHT AFTER HER PERIOD HAS ENDED 3 HALFWAY BETWEEN TWO PERIODS 4 OTHER (SPECIFY) 6 DON'T KNOW 8	
243	After the birth of a child, can a woman become pregnant before her menstrual period has returned?	YES 1 NO 2 DON'T KNOW 8	

(1) Adapt response categories locally, as needed.

Annex 3. MH questions in the PMA2020 Female Questionnaire

The following table is extracted from the PMA2020 women's questionnaire (version 15 Nov 2017).²¹ These questions are asked of women who have menstruated in the past 3 months.

Section 6 – Menstrual Hygiene (ROUND 2 & 5)

Now I'm going to ask you about menstrual hygiene management. This includes the use of absorbent materials; access to a private, clean, safe space; washing as required; and a place to dispose used materials.

NO	QUESTIONS AND FILTERS	CODING CATEGORIES	Relevant If:
602a	Where do you most often change your used pads, cloths, or other sanitary materials?	Flush/pour toilet 1 Ventilated improved pit latrine 2 Pit latrine with slab 3 Pit latrine without slab/open pit 4 Bucket toilet 5 Composting toilet 6 Hanging toilet/hanging latrine 7 Sleeping area/bedroom 8 Backyard 9 No facility/bush/field 10 Other 96 No response..... -99	(209 ≤ 90 days, 13 weeks or ≤ 3 months)
602b	While managing your menstrual hygiene, was this place: Place: [Selection from 602a] <i>Read each option aloud and select if yes.</i>	Clean? 1/0 Private? 1/0 Safe? 1/0 Able to be locked? 1/0 Supplied with water? 1/0 Supplied with soap? 1/0 None of the above -77 No response..... -99	601 ≠ -99 nor null AND 602 ≠ -99 nor null
603	During your last menstrual period, what did you use to collect or absorb your menstrual blood? PROBE: Anything else? <i>Do not read options aloud. Select all that apply.</i>	Disposable sanitary pad (commercial) 1/0 Reusable sanitary pad 1/0 New cloth 1/0 Old cloth 1/0 Cotton wool 1/0 Diaper 1/0 Tampons 1/0 Toilet paper 1/0 Underwear alone 1/0 Bucket 1/0 Other 1/0 No materials used -77 No response..... -99	(209 ≤ 90 days, 13 weeks or ≤ 3 months)
604a	Did you wash and reuse pads, cloths, or other sanitary materials during your last menstrual period?	Yes 1 No 0 No response -99	603 = reusable sanitary pad, old cloth, underwear alone, or bucket
604b	During your last menstrual period, were the sanitary materials that you washed and reused completely dried before each reuse?	Yes 1 No 0 No response..... -99	604a = 1
605	You mentioned that you used [RESPONSES FROM 603] during your last menstrual period. Where did you dispose of these materials after use? PROBE: Anywhere else? <i>Do not read options aloud. Select all that apply.</i>	Flush toilet 1/0 Latrine 1/0 Waste bin/Trash bag 1/0 Burning 1/0 Bush/Field 1/0 Other -77 No response -99	603 = disposable sanitary pad, new cloth, cotton wool, diaper, tampons, toilet paper, or other OR 604a = 0
606a	Aside from your own housework, have you done any work in the last month?	Yes 1 No 0 No response -99	(209 ≤ 90 days, 13 weeks or ≤ 3 months)
606b	Due to your menstrual period, were there any work days in the last month that you did not attend?	Yes 1 No 0 No response..... -99	606a = 1
607a	Did you attend school at any time in the past 12 months?	Yes 1 No 0 No response -99	(209 ≤ 90 days, 13 weeks or ≤ 3 months) AND 103 ≠ 0 AND 102 < 25
607b	Due to your last menstrual period, were there any school days in the past 12 months that you did not attend?	Yes 1 No 0 No response..... -99	607a = 1
LCL _608	[ADD ON A COUNTRY SPECIFIC BASIS. IF ADDED, ONLY INCLUDE FOR ONE ROUND] How old were you at the time you experienced your first menstruation?	Age: _____	Age 102 = 15-24 AND 209 ≠ 7

Annex 4. JMP core questions on MH

The following tables are extracted from ‘Core questions on drinking water, sanitation and hygiene for household surveys: 2018 update’ published by the WHO/UNICEF JMP.²⁰ These questions only apply to women who have menstruated in the past year.

M1. Private place to wash and change		
During your last menstrual period were you able to wash and change in privacy while at home?	Yes	1 >>M2
	No	2 >>M2

Note: M1 only applies to women who have had a period in the preceding year.

M2. Use of menstrual hygiene materials		
During your last menstrual period, what hygiene materials did you use? <i>If more than one, record the main type used.</i>	Cloth/reusable sanitary pads	1 >>M3
	Disposable sanitary pads	2 >>M3
	Tampons	3 >>M3
	Menstrual cup	4 >>M3
	Toilet paper	5 >>M3
	Underwear alone	6 >>M3
	Other (specify)	7 >>M3

Note: M2 only applies to women who have had a period in the preceding year. See expanded list for questions on reuse.








M3. Exclusion from activities during menstruation				
During your last menstrual period, did you miss any of the following activities due to your period?				
<i>Ask one by one</i>				
[A] Attending school?	[A]	Yes	No	N/A
[B] Paid work?	[B]	Yes	No	N/A
[C] Participating in social activities?	[C]	Yes	No	N/A
[D] Cooking food?	[D]	Yes	No	N/A
[E] Eating with others?	[E]	Yes	No	N/A
[F] Bathing in regular place?	[F]	Yes	No	N/A

Note: Select all that apply. Select N/A (not applicable) if the woman would not normally do this activity, for example she does not normally attend school, work, or cook food. Specific activities could be adapted according to local culture (such as religious activities or sowing seeds).

Monitoring definitions	Notes on classification
<ul style="list-style-type: none"> • Private place to wash and change: access to a private space for changing and disposing of materials and for washing hands, body and clothes with soap and water. • Menstrual hygiene materials: refers to hygienic materials used to absorb, collect and dispose of menstrual blood. • Exclusion from activities: refers to activities that women and girls do not participate in due to their menstrual period. 	<ol style="list-style-type: none"> 1. A private place to wash and change can be a bathroom or another another place used by women and girls. 2. Menstrual hygiene materials may be disposable or reusable. Hygienic materials include sanitary cloths or pads, tampons, and menstrual cups. 3. Exclusion from activities may be as a result of societal restrictions placed on women and girls, inadequate facilities for menstrual hygiene management or in response to pain.

Annex 5. Priority list of indicators for girls' menstrual health

The following tables are extracted from the report published by the Global MHH Monitoring Group (GMMG) in 2022⁷. The indicators refer to respondents who have menstruated in the past 6 months and have attended school in the past 12 months.

MHH Domain	Data Collection Level	Indicators
 MATERIALS	<i>Individual</i>	1 % of girls who reported having enough menstrual materials during their last menstrual period.
	<i>School</i>	2 % of schools with menstrual materials available to girls in case of an emergency.
 WASH	<i>Individual</i>	3 % of girls who reported changing their menstrual materials during their last menstrual period when at school.
	<i>Individual</i>	4 % of girls who changed their menstrual materials at school in a space that was clean, private, and safe during their last menstrual period.
	<i>School</i>	5 % of schools (primary/secondary) with improved sanitation facilities that are single-sex and usable (available, functional, and private) at the time of the survey.
	<i>School</i>	6 % of schools (primary/secondary) with improved sanitation facilities that are single-sex, usable (available, functional, and private), lockable from the inside, have covered disposal bins, and have discreet disposal mechanisms at the time of the survey.
	<i>School</i>	7 % of schools (primary/secondary) that have water and soap available in a private space for girls to manage menstruation.
	<i>Individual</i>	8 % of students (male/female) who have ever received education about menstruation in primary and secondary school.
	<i>Individual</i>	9 % of females who know about menstruation prior to menarche.
 KNOWLEDGE	<i>Individual</i>	10 % of females with correct knowledge of the fertile period during the ovulatory cycle.
	<i>School</i>	11 % of schools where education about menstruation is provided for students from age 9.
	<i>School</i>	12 Existence of pre-service or in-service teacher training about menstruation at the primary or secondary level.
	<i>School</i>	13 % of schools that have at least one teacher trained to educate primary/secondary students about menstruation.
	<i>Government / National</i>	14 % of countries where national policy mandates education about menstruation at primary and secondary level.
 DISCOMFORT/ DISORDERS	<i>Individual</i>	15 % of girls who report that they were able to reduce their menstrual (abdominal/back/cramping) pain when they needed to during their last menstrual period.
	<i>Individual</i>	16 % of girls who would feel comfortable seeking help for menstrual problems from a health care provider.
 SUPPORTIVE SOCIAL ENVIRONMENT	<i>Individual</i>	17 % of girls who have someone they feel comfortable asking for support (advice, resources, emotional support) regarding menstruation.
 MENSTRUAL HEALTH IMPACTS	<i>Individual</i>	18 % of girls who report a menstrual period does not impact their day.
	<i>Individual</i>	19 % of girls whose class participation was not impacted by their last menstrual period.
 POLICY	<i>Government / National</i>	20 % of countries with policies or plans that include menstrual health and hygiene.
	<i>Government / National</i>	21 National budget is allocated to menstrual health and hygiene; funds are dispersed to the schools in a timely and efficient manner.

a. See **Annex 2** for explanation of indicator level definitions.

b. We use "menstrual materials" throughout the guidance note to be all inclusive (e.g. disposable/reusable pads, cloths)

c. For the purposes of facilitating the uptake of the recommended short list, we chose to utilize the existing wording in country-level indicators, which alternate between "girls" and "females."

Associated ‘individual’ questions

1a. During your last menstrual period, did you have enough menstrual materials to change them as often as you wanted to?	Yes No Don't remember
3a. The last time you attended school during your menstrual period, did you change your menstrual materials at school?	Yes No
4a. If yes (to changing at school): Was the place that you changed your menstrual materials clean?	Yes No
4b. If yes (to changing at school); Did you worry [translation note: were you concerned] that someone would see you while you were changing menstrual materials?	Yes No
4c. If yes (to changing at school); Did you feel safe while you were changing your menstrual materials?	Yes No
8a. Have you ever received education about menstruation (in school)?	Yes, in primary school Yes, in secondary school Yes, in primary and secondary school No, did not receive education about menstruation in school
9a. Before you had your first menstrual period, did you know about menstruation?	Yes No Don't remember
10a. From one menstrual period to the next, are there certain days when a woman is more likely to become pregnant?	Yes No Don't remember
10b. If yes, is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods? (pick one)	Just before her period begins During her period Right after her period has ended Halfway between two periods
15a. Were you able to reduce your menstrual (menstruation-related) pain during your last menstrual period when you needed to?	Yes No I didn't need to reduce pain during my last menstrual period
16a. If you had a concern about your menstrual period, would you feel comfortable seeking help from a health care provider such as a school nurse, community health worker, or doctor?	Yes No
17a. Do you have someone who you would feel comfortable asking for support (advice, resources, emotional support) for your period if needed?	Yes No Not applicable / do not need
18a. Getting my period does not impact my day	Yes No
19a. During your most recent period, did you have trouble participating in class due to your period?	Yes No
Eligibility questions	
How old are you?	
Did you attend school at any time in the past 12 months	Yes No No response
Are you currently enrolled in school?	Yes No Enrolled but not attending
Have you attended any school in the past school year?	Yes No
Have you started to have menstrual periods?	Yes No
If yes, have you had a menstrual period in the past 6 months?	Yes No

Annex 6. Menstrual Practice Needs Scale (full 54-item pool)

The following items have response options of never, sometimes, often, and always. These 54 items were reduced to 36 for the MPNS-36 based on scale validation¹³, but each item is relevant to individual indicator development.

1	I was able to choose the menstrual materials I most wanted to use.
2	My menstrual materials were comfortable.
3(r)	I worried that my menstrual materials would allow blood to pass through to my outer garments.
4(r)	I worried that my menstrual materials would move from place while I was wearing them.
5(r)	I worried about how I would get more of my menstrual material if I ran out.
6	I had enough of my menstrual materials to change them as often as I wanted to.
7	I was satisfied with the cleanliness of my menstrual materials.
8	I could get more of my menstrual materials when I needed to.
9	I felt comfortable carrying spare menstrual materials with me outside my home.
10	I felt comfortable carrying menstrual materials to the place where I changed them.
11	I felt comfortable transporting used materials to wash or dispose of them.
12	I had a clean place to store my menstrual materials when I was not using them during my period.
13(r)	I was worried that someone would see my stored menstrual materials when I was not using them.
14	I felt comfortable storing my menstrual materials until my next period.
15	I was able to wash my hands <i>when</i> I wanted to.
16	I was able to wash my vagina <i>when</i> I wanted to.
17	I was able to wash my hands and vagina as <i>often</i> as I wanted to.
18(r)	I was concerned that I would not have enough soap to wash my hands or vagina.
19	I felt clean during my last period.
20(r)	I worried about where to dispose of my used menstrual materials.
21(r)	I worried that people, or animals, may be able to access my used menstrual materials after I disposed of them.
22(r)	I was concerned that others would see my used menstrual materials in the place I disposed of them.
23	I was able to immediately dispose of my used menstrual materials.
24	I was able to dispose of my used materials in the way that I wanted to.
25	When at home, I was able to change my menstrual materials <i>when</i> I wanted to.
26	When at home, I was satisfied with the place I used to change my menstrual materials.
27	When at home, I had a clean place to change my menstrual materials.
28(r)	When at home, I worried that I would not be able to change my menstrual materials when I needed to.
29(r)	When at home, I worried that someone would see me while I was changing my menstrual materials.
30(r)	When at home, I worried that someone would harm me while I was changing my menstrual materials.
31(r)	When at home, I worried that something else would harm me while I was changing my menstrual materials (eg, animals, insects, unsafe structure).
32(r)	When at home, I worried that someone would see me when I was washing my vagina.
33	When at home, I felt comfortable using the same location for urination as when I do not have my period
34(r)	When at home, I worried that others would see my menstrual blood after I had urinated.
35	When at school, I was able to change my menstrual materials <i>when</i> I wanted to.
36	When at school, I was satisfied with the place I used to change my menstrual materials.
37	When at school, I felt comfortable using the same location for urination as when I do not have my period.
38(r)	When at school, I worried that others would see my menstrual blood after I had urinated.
39	When at school, I had a clean place to change my menstrual materials.
40(r)	When at school, I worried that I would not be able to change my menstrual materials when I needed to.
41(r)	When at school, I worried that someone would see me while I was changing my menstrual materials.
42(r)	When at school, I worried that someone would harm me while I was changing my menstrual materials.
Items relevant to those washing and reusing materials	
43	I had enough water to soak or wash my menstrual material.
44	I had access to a basin to soak or wash my menstrual materials whenever I needed it.
45	I was able to wash my menstrual materials <i>when</i> I wanted to.
46	I had enough soap to wash my menstrual materials.
47(r)	I worried that someone would see me while I was washing my menstrual materials.
48(r)	I worried about how I would get soap to wash my menstrual materials.
49(r)	I worried that my menstrual materials would not be dry when I needed them.
50(r)	I worried that others would see my menstrual materials while they were drying.
51	I was able to dry my materials <i>when</i> I wanted to.
52	I was satisfied with the place I used to dry my menstrual materials.
53	I was satisfied with the appearance of my menstrual materials after I had cleaned them.
54	I was satisfied with the smell of my menstrual materials after I had cleaned them.

(r), reverse-scored.

Annex 7. USAID Potential List of Indicators for MHM in the Workplace

The following are USAID short list indicators for monitoring MHM at work²³ and associated measures²⁵. Adult women (18 years of age or older) who had experienced a menstrual period while working outside their homes for cash or in-kind payments in the previous three (Kenya) or six (Nepal) months and who were free of COVID-19 symptoms or exposure were eligible to participate. Numbers are added to the indicators and measures for ease of reference in this document.

Domain	Indicator	Measure	Response options
Workplace level determinants			
Social Environment	1. Proportion of women who agreed or strongly agreed that women where they work hide the fact that they were menstruating	1.1 Where I work, women hide the fact that they are menstruating.	Strongly disagree; Disagree; Agree; Strongly agree; Don't know
Institutional Policies	2. Proportion of women who reported being able to take a break to meet their menstrual needs whenever they needed to while working outside the home during their last menstrual period	2.1 If I am menstruating at work and I need to take a break to meet my menstrual needs (such as changing materials, bathing, or washing materials or clothing) I am allowed to go	Not at all; Only during specific breaks or when I can get someone to cover my post; Only after asking permission or informing someone; Whenever I need to
Physical Environment: Material Access	3. Proportion of women whose workplaces provided menstrual materials to employees, whether for free or at a cost	3.1 Are menstrual materials available where you work?	Yes, for free; Yes, for purchase; Yes, from a friend; No
Physical Environment: WASH	4. Proportion of women who reported that they had access to sanitation facilities that are single-sex at their workplace	4.1 Does the place where you work have separate toilets or sanitation facilities for women only?	Yes; No
Physical Environment: WASH	5. Proportion of women who reported changing their menstrual materials at their workplace in a space that was clean, private, and safe during their last menstrual period	Multiple items required: Items 1-3* and Item 5.4: Where do you most often change your menstrual materials while you are working?	Item 1: Yes; No; Item 2: Yes; No; Item 3: Never; Sometimes; Often; Always; Item 4: Facility/toilet at my workplace; A public/shared toilet outside my workplace; Facility/toilet at another place of business; Toilet at my home; Toilet at someone else's home; Use the outdoors/in the bush or a field (do not use a facility); Private room at my workplace (without toilet/latrine); Other
Physical Environment: WASH	6. Proportion of women who changed their menstrual materials while working outside the home in a space that was clean, private, and safe during their last menstrual period	Multiple items required: Items 1-3*	Item 1: Yes; No; Item 2: Yes; No; Item 3: Never; Sometimes; Often; Always
Physical Environment: WASH	7. Proportion of women who changed their menstrual materials while working outside the home in a space that was clean, private, safe, lockable, and available when needed during their last menstrual period	Multiple items required: Items 1-3*, Item 7.4: Do you usually have to wait to use this location because of lines or crowding? and Item 5*	Item 1: Yes; No; Item 2: Yes; No; Item 3: Never; Sometimes; Often; Always; Item 4: Yes; No; Item 5: Yes; No
Physical Environment: WASH	8. Proportion of women who reported that there was water and soap available in a private place to manage menstruation at their workplace	Multiple items required: Item 8.1: Does the place where you work have any private facilities for women to bathe/wash themselves or wash reusable menstrual materials (such as a tap and basin inside a lockable toilet stall)? and Item 8.2: Is there water and soap available in this place?	Item 1: Yes; No; Don't Know; Item 2: Yes, water and soap; Yes, water only; Yes, soap only; No, neither water nor soap
Individual-level determinants			
Knowledge	9. Proportion of women who reported that they could usually predict when their menstruation will start	9.1 Can you usually predict when your menstrual period will start? If so, how?	No, I don't know when it will start; Yes, I keep a calendar/track; Yes, my body tells me (e.g., sore breasts, cramping); Yes, I am on oral contraceptives so I know when my period will begin; Yes, other
Menstrual Materials	10. Proportion of women who reported always having enough menstrual materials during their last menstrual period while working outside the home	10.1 Thinking about your last menstrual period you had while working at your main job outside the home, did you have enough of your	Never; Less than half the time; More than half the time; Always

		menstrual materials to change them as often as you wanted to?	
Pain Management	11. Proportion of women who reported always being able to get pain remedies when needed during their last menstrual period while working outside the home	11.1 During your last menstrual period, were you able to get menstrual pain remedies you needed?	Never; Sometimes; Often; Always; Choose not to use remedies; N/A, did not experience pain
Social Support	12. Proportion of women who report that they would feel comfortable seeking help for menstrual problems from a health care provider	12.1 If you had a concern about your menstrual period, would you feel comfortable seeking help from a health care provider?	Yes; No
Workplace menstruation experiences			
Menstrual Practices while working	13. Proportion of women who changed their menstrual materials during their last menstrual period while working outside the home [among those who needed to change them]	13.1 During your last menstrual period, while working did you ever change your menstrual materials while working outside the home?	Yes; No, I went home to change; No, I did not need to change my materials
Pain remediation	14. Proportion of women who reported that they were able to reduce their menstrual (abdominal/back/ cramping) pain when they needed to during their last menstrual period while working outside the home	14.1 Multiple items required: Item 1: During your last menstrual period, were you able to get menstrual pain remedies you needed? Item 2: To what extent did those measures reduce your pain?	Item 1: Yes; No Item 2: Not at all; Slightly; Quite a bit; Completely
Bodily Integrity	15. Proportion of women who reported that their work responsibilities prevented them from addressing their menstruation-related needs at least some of the time during their last menstrual period	15.1 My responsibilities at work prevented me from addressing my menstruation-related needs. <i>NOTE: The following instructions precede this item: 'Please focus on the last time you were menstruating while working at your main job at your workplace. Some jobs are not just in one location. If you work in many locations, please think of the location where you spend the most time.'</i>	Never stops me; Sometimes stops me; Often stops me; Always stops me
Self-Efficacy: Working	16. Proportion of women who reported not feeling completely confident working during their menstruation	16.1 How confident do you feel working during your menstruation?	Not at all confident; Slightly confident; Very confident; Completely confident
Self-Efficacy: Managing	17. Proportion of women who reported not feeling completely confident in their ability to manage menstruation when working outside the home	17.1 Managing menstruation at work can involve changing, washing, disposing of materials, and other behaviors. How confident do you feel in your ability to manage your menstruation when working outside the home?	Not at all confident; Slightly confident; Very confident; Completely confident
Outcomes			
Individual well-being: Stress	18. During their last menstrual period while working...Proportion of women who reported experiencing stress at least sometimes when they last needed to access a location to change their menstrual materials	18.1 During my last menstrual period while working at my main job outside the home, I experienced stress or tension when I needed to access a location to change my menstrual materials /manage my menstruation.	Never; Sometimes; Often; Always
Individual well-being: Safety	19. During their last menstrual period while working...Proportion of women who reported that concerns about safety at least some of the time prevented them from changing their materials when they needed to	19.1 How often did concerns about safety prevent you from changing your materials when you wanted to?	Never; Sometimes; Often; Always
Work Engagement: Job Satisfaction	20. Proportion of women who are satisfied with their ability to meet their menstrual needs at their current job	20.1 I feel fairly well satisfied with my ability to meet my menstrual needs at my current job.	Strongly Disagree; Disagree; Neutral; Agree; Strongly Agree
Work Engagement: Lost earnings	21. Proportion of women who reported lost earnings or decreased pay in the past year due to their menstruation	21.1 In the past year, have you lost earnings or had your pay reduced because of decreased productivity or missed work related to menstruation?	Yes; No

* Item 1 asks "Is the place you most often use to change your menstrual materials while you are working structurally private (such as walls, doors, and roof are made of non-transparent materials with no gaps or spaces?"; Item 2 asks "Is the place you most often use to change your menstrual materials while you are working clean?"; Item 3 asks "How often did you feel safe in the place where you typically went to change your menstrual materials/ manage your menstruation?"; and Item 5 asks "Is the place you most often use to change your menstrual materials while at you are working lockable from the inside?"

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