

Research Questionnaire

Impact of Premenstrual Tension Syndrome on Academic Performance

This questionnaire has been designed to assess the Prevalence and severity of premenstrual tension (PMT) symptoms and its impact on academic performance among female university students in Bangladesh. Your honest responses will help us better understand this relationship. Please note that all responses will be kept strictly confidential.

Part I: Demographic Information

1. What is your age?

- ☐ 17-20 years ☐ 21-22 years ☐ 23-24 years ☐ 25 years or older

2. What is your marital status?

- ☐ Single ☐ Married

3. What is your nationality?

- ☐ Local ☐ Bangladeshi ☐ Non-Bangladeshi

4. Year of Study:

- ☐ First Year ☐ Second Year ☐ Third Year ☐ Fourth Year ☐ Fifth Year

Part II: Menstrual History

5. At what age did you experience your first period (menarche)?

- ☐ Before 12 years ☐ 12 years or older

6. Do you experience premenstrual tension (PMT) syndrome?

- ☐ Yes ☐ No

7. How severe are your PMT symptoms?

- ☐ No ☐ Mild ☐ Moderate ☐ Severe

Part III: Premenstrual syndrome (PMS) Symptoms and Severity

During the week before your menstrual period, how would you rate the following symptoms?

Hints: No (0), Mild (1), Moderate (2), Severe (3)

Symptom	No (0)	Mild (1)	Moderate (2)	Severe (3)
Psychological Symptoms				
8. Concentration difficulties	☐	☐	☐	☐
9. Decreased interest in usual activities	☐	☐	☐	☐
10. Irritability	☐	☐	☐	☐
11. Mood swings	☐	☐	☐	☐
12. Anxiety	☐	☐	☐	☐
13. Depressed mood	☐	☐	☐	☐
Physical & Behavioral Symptoms				
14. Physical symptoms (breast tenderness, bloating, etc.)	☐	☐	☐	☐
15. Excessive appetite	☐	☐	☐	☐
16. Changes in sleep patterns	☐	☐	☐	☐
17. Lack of energy or motivation	☐	☐	☐	☐
18. Feeling overwhelmed or out of control	☐	☐	☐	☐
19. Social problems	☐	☐	☐	☐

Part IV: Impact on Academic Performance

During the week before your menstrual period, how do PMS symptoms affect the following academic activities? (Please answer Yes or No for each question)

20. Does it negatively affect your class attendance?

☐ Yes ☐ No

21. Does it cause any limitation in participating in physical activities?

☐ Yes ☐ No

22. Do you have difficulty submitting assignments on time?

☐ Yes ☐ No

23. Does it affect your exam performance?

☐ Yes ☐ No

24. Does it hinder your participation in extracurricular activities?

☐ Yes ☐ No

25. Do you have difficulty concentrating in class?

☐ Yes ☐ No

26. Does it affect your academic performance?

☐ Yes ☐ No

Part V: Statistical Analysis Information

27. Would you like to participate in a follow-up study?

☐ Yes ☐ No

28. Do you give consent for your responses to be used anonymously for research purposes?

☐ Yes ☐ No

Thank you for taking the time to complete this questionnaire!

Your participation is valuable for understanding the prevalence and severity of premenstrual tension (PMT) symptoms and their impact on academic performance.

Confidentiality Assurance: All responses will remain strictly confidential and will be used for research purposes only. No individual responses will be identified or disclosed.