

A self-answered questionnaire to assess the knowledge, hygiene practices and associated factors of female students studying in year 9-10 about menstruation and its' health.

Date of survey :

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Name of the school :

Put a tick in the correct box or fill in the blanks.

Part I : Social- demographic information.

1 ' Date of birth

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2 ' What nationality do you belong to?

- | | |
|---------------------------|--|
| 1 ' Sinhala | |
| 2 ' Tamil | |
| 3 ' Muslim | |
| 4 ' Burger | |
| 5 ' Other (mention) | |

3 ' What is your religion?

- | | |
|--------------------------|--|
| 1 ' Buddhism | |
| 2 ' Hinduism | |
| 3 ' Islam | |
| 4 ' Catholic/Christian | |
| 5. Other (mention) | |

4 ' What is the highest educational qualification your mother has obtained?

1 ' Didn't go to school

2 ' 5th class passed

3 ' 6th -10th class passed

4 ' G.C.E. (O/L) passed

5 ' G.C.E. (A/L) passed

6 ' Diploma/ Graduated/ Post graduated

7 ' Don't know

5 ' What is your mother's current occupation?

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6. What is the highest educational qualification your father has obtained?

1 ' Didn't go to school

2 ' 5th class passed

3 ' 6th-10th class passed

4 ' G.C.E. (O/L) passed

5 ' G.C.E. (A/L) passed

6 ' Diploma/ Graduated/ Post graduated

7 ' Don't know

7. What is your father's current occupation?

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8. Who is living with you at home?

- 1 ' Only with family members, father/ mother/ siblings
- 2 ' In addition to family members, grandmother, grandfather, aunty, uncle
- 3 ' Other Residential, with relatives

Details of residence

09. How you describe the toilet facilities you use in your home?

- 1 ' Only for your house use
- 2 ' Share with one other residents
- 3 ' Public
- 4 ' No any facilities

10. What is the water facilities available for washing the toilets you use ?

- 1 ' Inside the toilet
- 2 ' Outside near the toilet
- 3 ' At a distance of 1m-5m from the toilet
- 4 ' At a distance of 6m-10m from the toilet
- 5 ' At a distance of more than 10m from the toilet
- 6 ' No any water facilities

7 ' Have you received any information about personal hygiene to be maintained during menstruation days?

- a Yes ☐ → Go to answer 09
b No ☐ → Go to answer 12

8 ' What is your opinion about the quality of the knowledge you have received?

- a Yes. It's a small amount ☐
b Yes. It's a satisfactory amount ☐
c No ☐

9 ' How did you know the information related to menstrual hygiene? (You can give more than one answer)

- a From mother ☐
b From sister ☐
c From relatives ☐
d From teacher ☐
e From friends ☐
f From medical officers/ health staff ☐
g From radio/television/ internet/ newspaper/ magazine/ movies ☐
- Go to answer 11

10 ' Which subject teachers gave you that information? (You can give more than one answer)

- a Science teachers ☐
b Health/ physical education teachers ☐
c Home science teachers ☐
d No any ☐
e Other (mention)

11 ' What is your favourite way to get information about menstruation and hygiene?

- a From mother ☐
b From sister ☐
c From relatives ☐
d From teachers ☐
e From friends ☐
f From medical officers/ health staff ☐
g From radio/ television/ internet/ newspapers/ magazine/ movies ☐

Part III: Knowledge about menstruation and its hygiene

If the following questions are true or false according to your knowledge, put the (v) mark in appropriate space. If you don't have any clear idea put a tick in the don't know box

Knowledge about normal function of the menstrual cycle

Mark correct/incorrect for the below statements about normal functions of the menstrual cycle.

	Statement	Correct	Incorrect	Don't know
1	First menstruation of a female known as menarche/ puberty.			
2	Increase the size of the breasts and the hair growth in the external genitalia happen before the menarche/puberty.			
3	Normal age of menarche/puberty is in between year 6-16.			
4	If menarche/puberty does not occur by the age of 16, medical treatment should be taken.			
5	The menstrual cycle is considered to be the time from the first days of one period to the first day of the next period.			
6	Menstrual cycle is control by the endocrine glands.			
7	Psychological stress doesn't affect for the menstrual cycle.			
8	Release of an ovum from the ovaries is known as ovulation.			
9	A female can get pregnant during the ovulation time period.			
10	Abdominal pain can occur during the middle of the menstruation.			
11	Menstrual blood start from the uterus.			
12	Menstruation secretions contains dirty blood.			
13	In normal women menstrual flow lasts for 1-8 days.			
14	Total menstruation flow can be vary from a drop – 80ml (16 tea spoons).			
15	Normal amount of blood loss from menstruation is consider as 30ml (6 tea spoons).			
16	In menstruation heavy bleeding occurs in first day and the second day.			

17	Each month should have the same number of days of menstruation.			
18	Regular menstruation is a sign of normal function of the menstrual cycle.			
19	Menstruation doesn't occur during pregnancy.			
20	If need to delay the menstruation because of a trip or an examination can take treatment for delaying the menstruation.			

Knowledge about menstruation hygiene and its results

Mark correct/incorrect for the below statements regarding knowledge about menstruation hygiene and its results.

	Statement	Correct	Incorrect	Don't Know
1	Menstrual hygiene means the personal hygiene which maintain throughout the menstruation.			
2	It is not important to wash hands before and after changing the sanitary pads.			
3	Need to take regular baths from flowing water.			
4	It is essentials to use the clean sanitary cloth piece.			
5	Without considering the amount of blood flow, it is essentials to change the sanitary pad/clothes in every 4-6 hours.			
6	It is important to change the sanitary pad /cloth before going to bed at night.			
7	Wash and clean the genitalia during menstruation helps to prevent infections.			
8	The products available at the market for absorbing the menstrual secretions may be a thing which places outside or inside the vagina.			
9	It is important to consider about absorbency when choosing menstrual products.			
10	It is important to consider the color when choosing menstrual products.			
11	Bad smell from the menstruation secretions occurs due to reaction of air with the blood.			

Knowledge about problems related to menstrual cycle

Mark correct/ incorrect for below mentioned statements regarding knowledge about problems related to menstrual cycle.

	Statement	Correct	Incorrect	Don't know
1.	Normal signs before menstruation			
	1. Abdominal pain			
	2. Pain and tenderness in the breasts			
	Statement	Correct	Incorrect	Don't know
	3. Back pain			
	4. Headache/migraine			
	5. Muscle pain/muscle cramps			
	6. Low energy			
	7. Vomiting			
	8. Weight gain			
	9. Psychological disturbances			
	10. Anger			
	11. Stress			
	12. Mood swings			
	13. Stay away from family and friends			
2.	What are the conditions that need medical treatments and advices?			
	1. Cessation of menstruation, which had been regular until now			
	2. Menstruation less than once every 21 days			
	3. Menstruation more than once every 45 days			
	4. Abdominal pain during menstruation is reduced by taking Paracetamol medication.			
	5. When needed to change the sanitary pad/cloths in every 3-4 hours.			
	6. Bleeding occurs during menstruation			

	7. Irregular menstrual cycle within 1 ½ years after attaining puberty/menarche.			
3	What are the life style and home remedies to reduce menstrual related problems@			
	1. Practicing regular exercises			
	2. Eating fat containing foods			
	3. Reduce taking caffeinated beverages			
	4. Eating iron containing foods			
	5. Meditating			
	6. Putting a hot water bottle on the abdomen when the abdominal discomfort occurs			
	7. Take two pills of Paracetamol			

Part IV: Practices regarding menstrual hygiene

Please answer the following questionnaire according to your actions taken so far ' Put a v in the correct box or fill in the blanks.

1 ' What kind of sanitary product do you use during your menstruation?

- a Home made sanitary cloth pieces
- b Commercially available sanitary pads
- c Above mentioned both methods
- d Other method



Go to answer 2

Go to answer 2

2 ' If you use commercially available sanitary pads, how much money do you spend for the pads for one cycle of menstruation?

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3 ' From whom will you earn that amount?

- a From parents
- b From family members
- c From my self
- d Other (mention)

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4 ' Who buys the sanitary pads you need from the market?

- a Only by me
- b Only by mother
- c By me or by mother
- d By sister or by another one

5 ' If you use homemade sanitary cloths, what kind of cloth is used?

- a Used cloths
- b New cloths

6 ' How many times a day do you change the sanitary pad or cloths during the first two days of menstruation?

- a Once a day
- b Twice a day
- c Three times a day
- d Four times a day
- e Five times a day
- f As needed

7 ' How many times a day do you change the sanitary pad or cloths after first two days of menstruation?

- a Once a day
- b Twice a day
- c Three times a day
- d Four times a day
- e Five times a day
- f As needed

8 ' If you use re-usable sanitary cloths, how you clean it before use it again?

- a Only using normal water
- b Using normal water and soap
- c Only using warm water
- d Using warm water and soap
- e Other (mention)

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9 ' If you use re-usable sanitary cloths, how you dry it after washing?

- a Corner of the house
- b Inside the bathroom
- c Using sunlight
- d Placed under the other cloths and drying it
- e Other (mention)

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10 ' If you use re-usable sanitary cloths, how do you store them?

- a Inside a cupboard or a locker with other clean cloths
- b Inside a separate plastic bag
- c Inside a cupboard or a locker without considering the cleanliness
- d No any specific place to store

11 ' What is the number of menstruation cycles that you completely dispose the sanitary cloth without using it again?

- a After using for one menstruation cycle
- b After using for two/three menstruation cycles
- c After using for four/five menstruation cycles
- d Other

12 ' What is the method that you used to dispose the re-usable sanitary cloth?

- a By burning
- b By burying
- c By putting into the toilet
- d By disposing with other wastes
- e By throwing into the roads or lands
- f Other (mention)

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13 ' If you using commercially available sanitary pad how do you dispose them after use?

- a Wrapping them ☐ → Go to answer 14
- b Without wrapping ☐ → Go to answer 15

14 ' What you used to wrap the used sanitary pad before dispose them?

- a Only using a paper
 - b Only using a plastic bag
 - c put into a plastic bag after wrapping with a paper
 - d Other (mention)
-

15 ' What method you used to dispose the sanitary pads after using them?

- a By burning
- b By burying
- c By throwing into the toilet
- d By throwing to the dustbin
- e By throwing into the road or land
- f Other (mention)

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16 ' How often do you take bath during menstruation?

- a Every day
- b After three days
- c After bleeding stops
- d When I need
- e Other ^mention&

.....

17 ' Do you clean your genitalia using soap and water when you change sanitary pads or sanitary cloths?

- a Yes ☐
- b No ☐

18 ' Do you maintain a diary to record the dates of menstruation?

- a Yes ☐
- b No ☐

19 ' Do you have any idea about the date of your next menstruation?

- a Yes ☐ → Go to answer 19
- b No ☐ → Go to answer 20

23 ' How much does menstruation affect the following aspects related to your studies, extracurricular and movements?

Activity		Not affect	Mildly affect	Affect
a	Ability to concentrate to the studies			
b	Ability to concentrate to the studies while sitting next to boys			
c	Participation for the extracurricular activities (dancing/sports)			
d	Keep sitting for a longer time period			
e	Self-confidence for answering a question while standing up			
f	When make association with boys			

24. Do participate for any after school classes immediately after the school?

- a Yes ☐ → Go to answer 25
b No ☐

25. How menstruation affects for that?

Activity	Not affect	Mildly affect	Affect
Having to attend extra classes after school			