

In-depth interview guideline.

1. What are the methods you follow to maintain your personal hygiene during the menstrual period?
2. What kind of activities do you avoid participating in during menstruation, and explain the reason for that?
3. How do you explain the family support during your menstruation period, and how they support you in maintaining your menstrual hygiene?
4. Please explain the barriers you encounter when managing hygiene practices.
5. How do you feel about the myths and cultural beliefs regarding menstrual hygiene practices?