

We are researchers at the Polytechnic University of Valencia. With this survey we intend to study the social and economic impact that menstruation has on society and people living in the Spanish territory. A better understanding of the current situation will allow appropriate decisions to be made to improve the quality of life of society in this regard.

In order to comply with data protection laws we need you to give your consent and accept the attached Privacy statement.

By the way! You must be at least 14 years old to participate in the survey.

Privacy Statement

The research participant has been informed that:

- The survey is completely anonymous and voluntary.
- The survey does not collect personal data (neither e-mail, nor telephone, nor identifiers) that allow respondents identification.
- The minimum age to access the survey is 14 years old.
- The data collected will only be collected and used for research, dissemination and communication purposes by the authors of the survey.
- Once the data is collected, it is not possible to identify the respondents due to the anonymous nature of the survey.
- The only way to communicate with the survey authors is through the e-mail address provided at the end of the survey.
- The data will be securely stored in certified repositories for long-term retention.
- Consent can be withdrawn at any time without giving a reason.
- Participants may request the deletion of responses as long as the responses provided allow the identification of such results, without the need to state a reason.
- The data will not be transferred to any other country, company, institution or person that is not part of this research. The data will be stored in Typeform (to learn more about Typeform's privacy policy click on <https://admin.typeform.com/to/dwk6gt>).

Let's start with some basic questions. They are few... Promise!

By the way! You can go backward by sliding your finger down on the mobile screen or by using the black buttons at the bottom right next to the % of the survey you have completed.



“ Vamos con unas preguntas básicas.
Son pocas... ¡Prometido!

¡Por cierto! Puedes ir hacia atrás
deslizando el dedo hacia abajo en la
pantalla del móvil o utilizando los
botones negros que salen en la parte
de abajo a la derecha junto al % de
encuesta que llevas completado.

Descripción (opcional)

Continuar

pulsa Enter ↵

Year of birth

Country of birth

Region

How many countries other than Spain have you lived in?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ More than 5

What is your level of education?

- ☐ Some EGB/ESO
- ☐ Graduado Scholar -Basic education up to 16 years old.
- ☐ Vocational training (really struggling to find the equivalent of it)
- ☐ Bachiller / BUP
- ☐ University Degree
- ☐ Master
- ☐ PhD
- ☐ Others

8 → ¿Cuál es tu nivel de estudios? *

Descripción (opcional)

☐ A Algo de EGB/ESO	☐ B Graduado escolar / EGB / ESO	☐ C Bachiller / BUP
☐ D Ciclo Formativo (FP)	☐ E Ciclo Formativo Superior (FP II)	☐ F Título Universitario
☐ G Máster	☐ H Doctorado	☐ I Otro

[Añadir opción](#)

Do you have, are you going to have, or have you had your period?

- ☐ Yes, I haven't had the period yet but I will.
- ☐ Yes, I currently have a period every month or so.
- ☐ Yes, I have had periods in the past but not anymore
- ☐ No

At what age did you stop having your period?

Thank you! Let's remember your first contact with menstruation.

“ ¡Gracias! Hagamos un poquito de memoria para recordar tu primer contacto con la menstruación.

Descripción (opcional)

Continuar

pulsa Enter ↵



How old were you when you had your period?

11 → ¿Cuántos años tenías cuando te bajó la regla? *

Descripción (opcional)

A7

B8

C9

D10

E11

F12

G13

H14

I15

J16

K17

LNo aplica

M Otro

Añadir opción

Add option

What feelings did you experience during your first menstruation?

Joy

Stress

Sadness

Shame

Pride

Disgust

Fear

Worry

Nothing special

Other

When you had your period for the first time, how much information did you have about what the bleeding could be?

13 → Cuando te bajó la regla por primera vez ¿Cuánta información tenías sobre lo que podía ser ese sangrado?

1 - Ninguna, no sabía lo que estaba pasando; 10 - Mucha, sabía exactamente lo que era y a qué se debía

1	2	3	4	5	6	7	8	9	10
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1 - None, didn't know what was going on; 10 - Many, knew exactly what it was and what it was due to

When you had your first menstruation, how much information did you have about what products or methods to use?

- ☐ None, I did not know any product or method
- ☐ I knew of some household methods (toilet paper, cloths, pieces of cloth, etc.).
- ☐ I knew about sanitary pads
- ☐ I knew about pads and tampons
- ☐ Many, I knew of several options and types of products

When you had your first menstruation, how much information did you have about how to handle it? For example, how to use the products, how often to change them, how to wash yourself, etc.

1 - None; 5 - Enough; 10 - Much information

Who mainly provided you with the information on how to manage it? (multiple selection)

For example, on how to use the products, how often to change them, how to clean yourself, etc.

- ☐ Nobody, I learned by trial and error
- ☐ Mother
- ☐ Father
- ☐ Sister
- ☐ Brother
- ☐ Aunts
- ☐ Uncles
- ☐ Cousins (female)

- ☐ Cousins (male)
- ☐ Friends (female)
- ☐ Friends (male)
- ☐ Teachers
- ☐ TV
- ☐ Radio
- ☐ Websites
- ☐ Social Networking
- ☐ Influencers, Youtubers, similar...
- ☐ Doctors and other healthcare professionals
- ☐ Advertising
- ☐ NGOs
- ☐ Other

What did they teach you in school/college about menstruation?

- ☐ Its role in reproduction (Biology)
- ☐ Menstrual hygiene: Different methods/products available
- ☐ Menstrual hygiene: How to manage your period, how often to change, etc.
- ☐ Cultural implications: How menstruation is perceived in different cultures.
- ☐ Nothing: No mention of menstruation in the classroom.
- ☐ Other

Which of these sources have you used in the last 5 years to inform yourself about how to manage menstruation?

- ☐ None
- ☐ Family
- ☐ Partner
- ☐ Male friends
- ☐ Female friends
- ☐ Google and other searchers
- ☐ Social Networking
- ☐ Influencers, Youtubers, similar...
- ☐ Teachers
- ☐ Doctors and other healthcare professionals
- ☐ Advertising
- ☐ Magazines
- ☐ NGOs
- ☐ Other

Perfect! Let's see what you can tell us about menstrual hygiene products...

NOTE: If you are menopausal, please respond as needed by referring back to what you were doing when you had your period.

Which method do you use the most?

Descripción (opcional)

Elige tantas opciones como desees

 A Pads	 B Tampons	 C Reusable Pads
 D Menstrual Cup	 E Menstrual Sponge	 F Toilet Paper
 G Absorbent Underwear	 H Rags or pieces of cloth	 I Otro

Which of the following methods HAVE YOU TRIED to manage menstruation?

- ☐ Pads
- ☐ Tampons
- ☐ Menstrual cup
- ☐ Menstrual sponge
- ☐ Reusable Pads
- ☐ Absorbent Underwear
- ☐ Rags or pieces of cloth
- ☐ Other

What menstrual hygiene products do you KNOW? That is, you know of their existence even if you have not tried them.

- ☐ Pads
- ☐ Tampons
- ☐ Menstrual cup
- ☐ Menstrual sponge
- ☐ Reusable Pads
- ☐ Absorbent Underwear

- ☐ Rags or pieces of cloth
 - ☐ Other
-

What are the main reasons you haven't tried the other menstrual hygiene products you already knew about?

- ☐ Distrust of product reliability. It is not clear to me that it works
 - ☐ Economic reasons
 - ☐ Reluctance. I am not convinced by the idea of trying new methods.
 - ☐ Lack of references. I don't know anyone who uses it and recommends it to me.
 - ☐ I have tried all the ones I knew
 - ☐ I like my current method and do not want to try another one.
-

How appropriate do you consider the price of menstrual hygiene products?

- ☐ Very expensive
 - ☐ Expensive
 - ☐ Adequate
 - ☐ Cheap
 - ☐ Very cheap
 - ☐ I am not familiar with the price of the products.
-

Do you currently have financial difficulties in purchasing menstrual hygiene products?

- ☐ I am no longer menstruating
 - ☐ No
 - ☐ Yes, on rare occasions
 - ☐ Yes, some months
 - ☐ Yes, many months
 - ☐ Yes, every month
-

Throughout your life, have you ever found it difficult to afford menstrual hygiene products?

- ☐ No, never
 - ☐ Yes, rarely
 - ☐ Yes, occasionally
 - ☐ Yes, frequently / often
 - ☐ Always
-

When choosing a menstrual hygiene product, which factor plays the most important role in your choice?

- ☐ The price of the product
- ☐ The availability: it is easy to find the product

- ☐ The type of product that best suits my needs
- ☐ Sustainability (its impact on the environment)
- ☐ Other

You're doing great! Let's go with some questions about how menstruation affects or affected your day-to-day life.

What do you avoid doing when you have your period?

- ☐ Exercise
- ☐ Going to the beach/pool
- ☐ Wearing certain clothes
- ☐ Wearing certain colours (e.g. white)
- ☐ Sexual intercourse
- ☐ Nothing in particular
- ☐ Other

How often do you feel discomfort related to menstruation (aches, pains, swelling, inflammation, etc.)?

- ☐ Never
- ☐ Some months
- ☐ Most months
- ☐ Every month

Select what discomfort you suffer when you have menstruation:

- ☐ None, I don't know
- ☐ Pain
- ☐ Vomiting
- ☐ Diarrhea
- ☐ Abdominal swelling
- ☐ Heavy bleeding
- ☐ Other

Have you ever missed school or work because of menstruation-related issues?

- ☐ No, I have never
- ☐ Yes, because of physical discomfort. Ex: pain, vomiting, etc.
- ☐ Yes, due to lack of menstrual hygiene products.
- ☐ Yes, for fear of spotting
- ☐ Other

How often do you go for a gynecological visit?

- ☐ Never
 - ☐ Less than once a year
 - ☐ Once a year
 - ☐ Twice a year
 - ☐ More than twice a year
-

Do you mainly use public or private health care to go to the gynecologist?

- ☐ Private
 - ☐ Public
-

Have you ever searched for information about menstruation or menstrual hygiene products?

- ☐ Yes
 - ☐ No
-

Have you ever purchased menstrual hygiene products for someone?

- ☐ Yes
 - ☐ No
-

What is your current employment situation?

- ☐ I am not yet of legal working age
 - ☐ Unemployed
 - ☐ Pensioner
 - ☐ I am self-employed / Self-employed
 - ☐ I am working as an employee
 - ☐ Primary school student / ESO
 - ☐ University student
 - ☐ High school student
 - ☐ Vocational training student
-

In Spain, there are 4 types of VAT (Value Added Tax) applied to products and services. What type of tax do you think should be applied to menstrual hygiene products?

- ☐ VAT exempt
- ☐ 4 % (Very reduced)
- ☐ 10 % (Reduced)
- ☐ 21% (General)

Some countries, such as New Zealand or Scotland have approved measures to provide menstrual hygiene products free of charge in schools and educational organisms. How do you agree with the following statement: "Schools and educational organisms in Spain should provide menstrual hygiene products free of charge"?

1-Strongly disagree and 10-Strongly agree.

What is your average monthly income?

42 → ¿Cuáles son tus ingresos medios mensuales?

Descripción (opcional)

A	0 ingresos
B	1 a 400 euros
C	400 a 800 euros
D	800 a 1200 euros
E	1200 a 1600 euros
F	1600 a 2000 euros
G	2000 a 2500 euros
H	Más de 2500 euros
I	Prefiero no contestar

Fantastic! And finally, let's see in which contexts you feel most comfortable talking about menstruation.

For you, shopping for menstrual hygiene products is:

1 Extremely uncomfortable/embarrassing and 10 Like shopping for tomatoes No problem!

1	2	3	4	5	6	7	8	9	10
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Do you remember ever using a code or code word to refer to menstruation in a more discreet way in front of other people?

- ☐ Yes
- ☐ No
-

What aliases or expressions have you used to refer to menstruation?

(Open question)

Will your current partner, or your last partner, have, has, or has had menstruation?

- ☐ Yes
- ☐ No
- ☐ I prefer not to answer

How comfortable do you feel or did you feel talking about menstruation with your partner?
(You can answer about your current partner or the last partner you had).

1-Extremely uncomfortable 10 Extremely comfortable

1	2	3	4	5	6	7	8	9	10
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How comfortable do you feel talking about menstruation with someone who has had, is having, or will have menstruation?

1-Extremely uncomfortable 10 Extremely comfortable

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

How comfortable do you feel talking about menstruation with someone who has never had, does not have, or will have menstruation?

1-Extremely uncomfortable 10 Extremely comfortable

1	2	3	4	5	6	7	8	9	10
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In the books you read, is menstruation mentioned?

- ☐ No, not a trace
- ☐ Yes, rarely
- ☐ Yes, sometimes
- ☐ Yes, often
- ☐ Yes, continuously

In the movies and series you watch, is menstruation mentioned at any time?

- ☐ No, not a trace
- ☐ Yes, rarely
- ☐ Yes, sometimes
- ☐ Yes, often
- ☐ Yes, all the time

In which series/movies/books is it mentioned?

How normalized do you think the topic of menstruation is today?

Being 1 Not at all normalized, a very taboo subject; and 10 Completely normalized.

1	2	3	4	5	6	7	8	9	10
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If you had to describe the religious environment in which you grew up, you would say that it was influenced by

- ☐ Christianity
- ☐ Islam
- ☐ Judaism
- ☐ Buddhism
- ☐ Hinduism
- ☐ Agnosticism/Atheism
- ☐ Other

With which religion do you identify the most?

- ☐ Christianity
- ☐ Islam
- ☐ Judaism
- ☐ Buddhism
- ☐ Hinduism
- ☐ Agnosticism/Atheism
- ☐ Other

Thank you so much for coming this far! You have provided us with some very useful information. If you have a few more minutes we have 2 extra questions

Would you like to answer them?

- ☐ Yes
☐ No

What recommendations have you heard about menstruation? It doesn't matter if they are false or true. If you want you can add (True) or (False) to the recommendations according to your criteria. Tell us!

Please use this space to share any doubts, comments, or reflections on this topic. You can also share experiences or anecdotes related to menstruation...

Our eternal thanks for your time! The information you have provided is very useful, we will put it to good use!

If you have any questions about the survey or would like to contact us, you can do so at this email: menstruacion.investigacion@gmail.com



¡Nuestro eterno agradecimiento por tu tiempo! La información que nos has proporcionado es súper útil. ¡Le daremos buen uso!

Si tienes cualquier duda sobre la encuesta o te gustaría contactarnos, puedes hacerlo en este email:
menstruacion.investigacion@gmail.com