

The Menstrual Practices Questionnaire

For more information see: www.menstrualpracticemeasures.org

This document will be updated with information on how to cite the MPQ when available.

Notes:

1. Question wording and terms should be adapted for different languages and contexts. In particular “menstrual materials” may need to be replaced with more familiar terminology or could be replaced using computerised filters to import the menstrual material/s used.
2. All questions refer to the last menstrual period. This can be facilitated through question wording (as shown below), or the time period could be specified at the start of questioning.
3. Not all questions are applicable for all respondents, appropriate filters should be applied.
4. Question order is presented here according to topic-groupings. The order should be modified as appropriate for delivery and may be integrated with other survey questions.

Question	Response options
Menstrual material use	
<p>What were all the materials you used to catch/absorb your menstruation when you were at home during your last menstrual period?</p> <p><i>(select all that apply)</i></p>	<ul style="list-style-type: none"> • Cloth/towel • Disposable sanitary pad • Reusable sanitary pad • Toilet paper • Cotton wool • Mattress • Underwear alone • Natural material (e.g., leaves, sand, grass) • Period underwear • Menstrual cup • Tampon • Other (specify)
<p>What were all the materials you used to catch/absorb your menstruation when you were away from home [at school/at work] during your last menstrual period?</p> <p><i>(select all that apply)</i></p>	<ul style="list-style-type: none"> • Cloth/towel • Disposable sanitary pad • Reusable sanitary pad • Toilet paper • Cotton wool • Mattress • Underwear alone • Natural material (e.g., leaves, sand, grass) • Period underwear • Menstrual cup • Tampon • Other (specify)
<p><i>[Cloth users]</i> Were your cloths bought to be used for menstruation or used for something else first?</p> <p><i>(select one)</i></p>	<ul style="list-style-type: none"> • Bought to be used during menstruation • Used for something else first (e.g., clothes, bedding) • Don't know
Material change frequency	
<p>During your last menstrual period, how many times did you change your menstrual material on the heaviest day of your period? (<i>day = 24 hours</i>)</p> <p><i>(select one)</i></p>	<ul style="list-style-type: none"> • 1 time (wear until the next day) • 2 times (eg. morning and evening) • 3 times (eg. morning, evening and once during day) • 4 times (eg. morning, evening, and twice during day) • More than 4 times

Material change location	
Where did you most often change your menstrual materials when you were at home during your menstrual last period? <i>(select one)</i>	<ul style="list-style-type: none"> • Latrine • Bedroom • Bathroom/washing space (separate from latrine) • Outside/bush/field • Other (specify)
How often did you change your menstrual materials when you were away from your home [at school/at work] during your last menstrual period? (e.g., school, market, working outside the home) <i>(select one)</i>	<ul style="list-style-type: none"> • Every day of my period • Some days • One day • Never/no days
Where did you most often change your menstrual materials when you were away from your home [at school/at work] during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Latrine • A bathroom (separate from latrine) • Another room at the location • Outside/bush/field • Other (specify)
Handwashing	
Did you wash your hands before changing your menstrual materials during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time
Did you wash your hands after changing your menstrual materials during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time
Genital washing	
How often did you wash your genitals during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • At the end of my period only • Every 2-3 days • Once per day • Twice per day • Three or more times per day
When you washed your genitals, did you use soap? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time
Disposal of menstrual materials	
Where did you most often dispose of your used menstrual materials when you were at home during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Into the latrine/toilet • Burned • Household rubbish (bin in latrine) • Household rubbish (bin not in latrine) • Taken to community rubbish • Buried/bush/waterway • Did not dispose of any materials (including reusables)
Where did you most often dispose of your used menstrual materials when you were away from your home [at school/at work] during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Transported home to dispose or reuse • Into the latrine/toilet • Bin in the latrine/toilet • Bin onsite but outside of the latrine/toilet • Community rubbish (not onsite) • Bush/buried/waterway • Burned

When disposing of your used menstrual materials, did you usually wrap them in anything? (select one)	<ul style="list-style-type: none"> • No • Yes, plastic bag, cover of pad • Yes, toilet paper • Yes, cloth • Yes, other
Storage of menstrual materials	
After your last menstrual period, did you keep [store] your menstrual materials? (includes leftover disposables or reusables) (select one)	<ul style="list-style-type: none"> • No • Yes
Where did you store your menstrual materials after your last menstrual period? (select one)	<ul style="list-style-type: none"> • Cupboard, cabinet or drawer • Under bed • In the toilet/latrine room • In a bathroom (not latrine/toilet) • Other
Did you store your menstrual materials inside any wrapping, packaging or case? (select one)	<ul style="list-style-type: none"> • Wrapped in plastic or in plastic bag (including disposable pads in original packaging) • Wrapped in fabric or in a fabric bag • Wrapped in paper • Cardboard box • No wrapping or container • Other
Reuse of menstrual materials	
Did you wash and reuse any of your menstrual materials during your last menstrual period? (select one)	<ul style="list-style-type: none"> • No • Yes
Washing materials	
Did you soak your materials when washing them during your last menstrual period? How long did you usually soak them for?	[Time] 0 is did not soak
Where did you most often wash your menstrual materials during your last menstrual period? (select one)	<ul style="list-style-type: none"> • Shared bucket (or similar container) • Own bucket (or similar container) • Shower/bath • Sink/basin (inside home) • Sink/basin (outside home) • Well, spring, waterway • Other
Did you use soap or detergent to wash or soak your menstrual materials during your last menstrual period? (select one)	<ul style="list-style-type: none"> • Never • Sometimes • Every time
Drying materials	
Where did you most often dry your menstrual materials during your last menstrual period? (select one)	<ul style="list-style-type: none"> • Outside (hanging) • Outside (hidden) • Inside (hanging) • Inside (hidden) • Other
When your menstrual materials were drying, did you usually cover them with anything? (select one)	<ul style="list-style-type: none"> • No • Yes

When your menstrual materials were drying during your last menstrual period, were they in the sun? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • All the time
During your last period, were your menstrual materials completely dry before you used them? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time
Additional sterilisation practices	
<i>[Fabric reusables]</i> Did you use an iron on your menstrual materials before you reused them during your last menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time
<i>[Menstrual cup users]</i> Did you boil your menstrual cup during [or just before or after] your last period?	<ul style="list-style-type: none"> • No • Yes
<i>[Menstrual cup users]</i> How many times did you boil your menstrual cup?	[number]
<i>[Menstrual cup users]</i> How long, on average, did you boil your menstrual cup?	[duration]
Toilet/latrine practice during menstruation	
During your last menstrual period, when you were at home did you use the same location for urination as when you do not have your menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • All the time
During your menstrual last period, when you were at work did you use the same location for urination as when you do not have your menstrual period? <i>(select one)</i>	<ul style="list-style-type: none"> • Never • Sometimes • Every time

