

The Menstrual Practice Needs Scale (MPNS-36)

Interview version. When an enumerator is administering the scale, it may be useful to change each item to a question rather than a personal statement.

For more information see www.menstrualpracticemeasures.org or the citation below.

Citation for the MPNS-36: Hennegan, J., Nansubuga, A., Smith, C., Redshaw, M., Akullo, A., & Schwab, K.J. (2020). Measuring menstrual hygiene experience: Development and validation of the Menstrual Practice Needs Scale (MPNS-36) in Soroti, Uganda. *BMJ Open*, 10, e034461.
<http://dx.doi.org/10.1136/bmjopen-2019-034461>

It may be helpful to substitute “less than half the time” for sometimes and “more than half the time” for often.

During your last menstrual period....					
1	Were your menstrual materials comfortable?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
2	Did you have enough of your menstrual materials to change them as often as you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
3	Were you satisfied with the cleanliness of your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
4	Could you get more of your menstrual materials when you needed to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
5	Were you worried that your menstrual materials would allow blood to pass through to your outer garments?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
6	Were you worried that your menstrual materials would move from place while you were wearing them?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
7	Were you worried about how you would get more of your menstrual material if you ran out?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
8	Did you feel comfortable carrying spare menstrual materials with you outside your home?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
9	Did you feel comfortable carrying menstrual materials to the place where you changed them?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
10	Did you feel comfortable storing [keeping] your leftover or cleaned menstrual materials until your next period?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
11	Were you able to wash your hands <u>when</u> you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
12	Were you able to immediately dispose of your used menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
13	Were you able to dispose of your used materials in the way that you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
14	Were you worried about where to dispose of your used menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
15	Were you concerned that others would see your used menstrual materials in the place you disposed of them?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
At home during your last menstrual period...					
16	When at home, were you able to change your menstrual materials <u>when</u> you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
17	When at home, were you satisfied with the place you used to change your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>

18	When at home, did you have a clean place to change your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
19	When at home, were you worried that you would not be able to change your menstrual materials <u>when</u> you needed to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
20	When at home, were you worried that someone would see you while you were changing your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
21	When at home, were you worried that someone would harm you while you were changing your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
22	When at home, were you worried that something else would harm you while you were changing your menstrual materials (e.g., animals, insects, unsafe structure)	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
At school [work/away from home] during your last menstrual period...					
23	When at school, were you able to change your menstrual materials <u>when</u> you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
24	When at school, were you satisfied with the place you used to change your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
25	When at school, did you have a clean place to change your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
26	When at school, were you worried that you would not be able to change your menstrual materials when you needed to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
27	When at school, were you worried that someone would see you while you were changing your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
28	When at school, were you worried that someone would harm you while you were changing your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>

If you **washed and reused** any materials during your last period, please answer these items.

During your last menstrual period...					
29	Did you have enough water to soak or wash your menstrual material?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
30	Did you have access to a basin to soak or wash your menstrual materials whenever you needed it?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
31	Were you able to wash your menstrual materials <u>when</u> you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
32	Did you have enough soap to wash your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
33	Were you able to dry your materials <u>when</u> you wanted to?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
34	Were you worried that someone would see you while you were washing your menstrual materials?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
35	Were you worried that your menstrual materials would not be dry when you needed them?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
36	Were you worried that others would see your menstrual materials while they were drying?	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>

