

## The Menstrual Practice Needs Scale (MPNS-36)

For more information see [www.menstrualpracticemeasures.org](http://www.menstrualpracticemeasures.org) or the citation below.

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

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

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

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

