

# KENYA - Research and feasibility study to explore menstrual practices and investigate the suitability of menstrual cups for adolescent girls and women in Kenya, Menstrual Cup

Report generated on: November 25, 2014

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## Overview

### Identification

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#### **ID NUMBER**

APHRC-MENSTRUALCUP-2010-1.1

### Version

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#### **NOTES**

Version 1.1, November 2014. Anonymized with DOI and Recommended Citation added.

### Overview

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#### **ABSTRACT**

Limited access to safe, affordable, convenient and culturally-appropriate methods for dealing with menstruation has far-reaching implications for the rights and physical, social and mental wellbeing of many women and adolescent girls in Kenya. It undermines sexual and reproductive health and wellbeing and has been shown to restrict girls' access to education. Menstrual cups, which are used successfully in Europe and North America may be an appropriate technology for many women and girls in Kenya but have not yet been piloted in an African setting. This scoping study on menstruation with adolescent girls and women in Kenya involves: 1) qualitative research to explore beliefs, attitudes, practices and problems associated with menstruation among women and girls in informal settlements and other urban areas of Nairobi; and 2) a pilot to assess the cultural, practical and health-related appropriateness and feasibility of menstrual cups in urban settings within Kenya and participants' opinions of menstrual cups and their comfort and convenience as a method of managing menstrual flow. The four-month pilot targeted 30 menstruating women aged 18 or over living in Korogocho informal settlement, Nairobi, 35 adolescent girls aged 15-17 who were attending a secondary school, and 10 students at a university in Nairobi. The study has increased knowledge on the under-recognised and under-researched area of menstrual beliefs, practices and problems in Kenya and provided data on the feasibility of an under-used technology.

#### **UNITS OF ANALYSIS**

Individuals

### Scope

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#### **NOTES**

The scope of the Menstrual Cup Survey includes:

- 1) Qualitative research to explore beliefs, attitudes, practices and problems associated with menstruation among women and girls in informal settlements and other urban areas of Nairobi;
- 2) A pilot to assess the cultural, practical and health-related appropriateness and feasibility of menstrual cups in urban settings within Kenya and participants' opinions of menstrual cups and their comfort and convenience as a method of managing menstrual flow.

#### **KEYWORDS**

Sexual and Reproductive health

### Coverage

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#### **GEOGRAPHIC COVERAGE**

Site 1: Korogocho, an urban informal settlement in Nairobi

Site 2: A university/college in Nairobi

Site 3: A secondary school for adolescent girls in Nairobi

**UNIVERSE**

The study populations was as follows:

Adolescent girls and women aged between 12 and 24 in Site 1,

Women aged over 18 for Site 2 and

Adolescent girls aged 15-17 in Site 3.

## Producers and Sponsors

**PRIMARY INVESTIGATOR(S)**

Name	Affiliation
African Population and Health Research Center	APHRC

**OTHER PRODUCER(S)**

Name	Affiliation	Role
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**FUNDING**

Name	Abbreviation	Role
Department of International Development, UK	DFID	Funder

**OTHER ACKNOWLEDGEMENTS**

Name	Affiliation	Role
Participants to the study	Korogocho, University and College in Nairobi	Respondents
Government of Kenya	GOK	Partners

## Metadata Production

**METADATA PRODUCED BY**

Name	Abbreviation	Affiliation	Role
African Population and Health Research Center	APHRC		Meta data Producer

**DATE OF METADATA PRODUCTION**

2013-10-08

**DDI DOCUMENT VERSION**

Version 1.1

**DDI DOCUMENT ID**

APHRC-MENSTRUALLCUP-2010-1.1

## Sampling

### Sampling Procedure

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Individuals were identified using purposive quota sampling in phases. In phase 1 Adolescent girls and women aged between 12 and 24 in Site 1, women aged over 18 for Site 2 and adolescent girls aged 15-17 in Site 3. In phase 2 Women aged 18 and over in Sites 1 and 2, and girls aged 15-17 in Site 3. These participants were identified as volunteers from among the informants in the background research. In Site 2, 10 female students aged 18 and over attending college or university in Nairobi took part in the pilot.

As for qualitative a total of 20 In-depth interviews (IDIs) were done with adolescent girls and women aged 12 and over. Purposive quota sampling will be used to ensure that participants of a range of ages and educational status were selected for IDIs. In Site One (the informal settlement in Nairobi), 14 IDIs were done: 4 with in-school girls aged 12-14, 4 with out of school girls aged 12-14, 2 with out of school girls aged 15-17, 2 with women aged 18-29 and 2 with women aged 30 and over. In Site Two, 2 IDIs were held with students aged 18 and over. In Site Three (the secondary school), 4 IDIs were held with girls aged 15-17.

### Response Rate

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In total, 96 women were interviewed at baseline and 90 at endline for quantitative.  
82 women interviewed at baseline and 39 at endline for qualitative

### Weighting

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No weights were used.

# Questionnaires

## Overview

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### A structured interview :

This questionnaire was about background information on socio-economic, health and demographic status, access to clean water and sanitation facilities, the participant's menstrual beliefs and practices and their level of comfort and wellbeing relating to menstrual management practices. The questionnaire also included questions on reported symptoms of RTIs and STIs, and on the menstrual irregularities dysmenorrhoea, hypermenorrhoea (also known as menorrhagia), and hypomenorrhoea

### In-depth interviews :

This questionnaire collected qualitative data on menstrual wellbeing and participant's experiences with and assessments of menstrual cups. The interview schedule also included a structured module to collect menstrual cup evaluation data, including i) consistency of use and discontinuation rates; ii) participant's rating of the comfort, convenience and acceptability of the product and its viability for the participant's living arrangements and level of access to facilities; and iii) perceptions of social acceptability.

## Data Collection

### Data Collection Dates

Start	End	Cycle
2010-03-02	2010-09-16	Baseline
2010-08-02	2010-10-25	Endline

### Data Collection Mode

Face-to-face [f2f]; Indepth interview; FGD; KII

### Questionnaires

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## **Data Processing**

### **Data Editing**

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Data editing took place at a number of stages throughout the processing, including:

- a) Office editing and coding
- b) During data entry
- c) Structure checking and completeness
- d) Secondary editing

### **Other Processing**

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Quantitative Data entered from hard copies questionnaires

Qualitative data transcribed from dictaphones

## Data Appraisal

No content available



## **File Description**

## Variable List

## MC\_Baseline\_final

### Content

Cases	96
Variable(s)	356
Structure	Type: Keys: ()
Version	
Producer	
Missing Data	

## Variables

ID	Name	Label	Type	Format	Question
V1	vq01	individual id	contin	numeric	individual id
V3	vq02	interview date	discrete	character	Date: [DD/MM/YYYY]
V5	vq04	site of interview	discrete	numeric	Interview site [study site]
V6	vq05	interview location	discrete	character	Location [Venue1]:
V10	v101	Age in completed years	contin	numeric	1.1 How old are you? [RECORD IN COMPLETED YEARS]
V11	v102	Date of birth	discrete	character	1.2 On what date were you born? [DD/MM/YYYY]
V12	v103a	Currently in school	discrete	numeric	1.3 Are you currently in school? If yes, name of school Class/form currently in
V13	v103b	Form/class	discrete	numeric	1.3 Are you currently in school? If yes, name of school Class/form currently in
V14	v104a	Currently in higher education	discrete	numeric	1.4 Are you currently in higher education? If yes, name of college Name of course Level of course Year of course
V15	v104b	Level of higher education	discrete	numeric	1.4 Are you currently in higher education? If yes, name of college Name of course Level of course Year of course
V16	v105	Not in school: Highest level of education	discrete	numeric	1.5 Highest level of education achieved so far
V17	v105o1	Specify highest level of education	discrete	character	1.5 Highest level of education achieved so far Other (specify)
V18	v106	Ethnic group	discrete	character	1.6 Ethnic group What is your ethnic group/tribe?
V19	v106o1	Other ethnic group	discrete	character	1.6
V20	v107	Religion	discrete	numeric	1.7 What is your religion?
V21	v107o1	Other religion	discrete	character	1.7 What is your religion? Other (Specify)
V22	v108	Marital status	discrete	numeric	1.8 Relationship/marital status Are you currently married or living with someone as if married?
V23	v109a	Ever married	discrete	numeric	1.9 Have you ever been married?
V24	v109b	Ever lived with someone as if married	discrete	numeric	1.9 b) Have you ever lived with someone as if married?
V25	v110	How your last marriage ended	discrete	numeric	1.10 How did your last marriage/union end; are you widowed, divorced or separated?
V26	v111	If in romantic relationship	discrete	numeric	1.11 If no, Are you in a romantic relationship with anyone?

ID	Name	Label	Type	Format	Question
V27	v112	Total number of people in HH excluding you	discrete	numeric	1.12 a). Please tell me the total number of people living in the same house where you live excluding you? (Insert the number)
V28	v112ba	Relationship: Mother	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. i. Mother
V29	v112bb	Relationship: Father	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. ii. Father
V30	v112bc	Relationship: Stepmother	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. iii. Stepmother(s)
V31	v112bd	Relationship: Stepfather	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. iv. Stepfather(s)
V32	v112be	Relationship: Female guardian(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. v. Female Guardian(s)
V33	v112bf	Relationship: Male guardian(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. vi. Male Guardian(s)
V34	v112bg	Relationship: Older brother(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. vii. Older Brother(s)
V35	v112bh	Relationship: Younger brother(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. viii. Younger Brother(s)
V36	v112bi	Relationship: Older sister(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. ix. Older Sister(s)
V37	v112bj	Relationship: Younger sister(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. x. Younger Sister(s)
V38	v112bk	Relationship: Aunt(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xi. Aunt(s)
V39	v112bl	Relationship: Uncle(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xii. Uncle(s)
V40	v112bm	Relationship: Grandmother(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xiii. Grandmother(s)
V41	v112bn	Relationship: Grandfather(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xiv. Grandfather(s)
V42	v112bo	Relationship: Boyfriend(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xv. Boyfriend(s)
V43	v112bp	Relationship: Husband	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xvi. Husband
V44	v112bq	Relationship: Daughter(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xvii. Daughter(s)
V45	v112br	Relationship: Son(s)	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xviii. Son(s)
V46	v112bs	Relationship: Other	discrete	numeric	1.12 b) Please tell me your relationship with them and their corresponding numbers. xix. Other
V47	v112bt	Specify other relationship(s)	discrete	character	1.12 b) Please tell me your relationship with them and their corresponding numbers. xix. Other (specify)
V48	v113	Did you or anyone in your HH earn	discrete	numeric	1.13 During the last month did you or any of your family members do any activity that generated income (in cash/kind)?
V49	v113a	relationship to respondent	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Person Involved (Relationship to Respondent e.g. Father)
V50	v113b	occupation in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Activity/Employment category

ID	Name	Label	Type	Format	Question
V51	v113c	income in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Income
V52	v113d	relationship to respondent	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Person Involved (Relationship to Respondent e.g. Father)
V53	v113e	occupation in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Activity/Employment category
V54	v113f	income in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Income
V55	v113g	relationship to respondent	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Person Involved (Relationship to Respondent e.g. Father)
V56	v113i	occupation in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Activity/Employment category
V57	v113j	income in past month	discrete	numeric	1.13 For each person mentioned: What was the activity that generated the most income of (.) in the last month? Income
V58	v114	Main floor material	discrete	numeric	1.14 Type of house MAIN MATERIAL OF THE FLOOR
V59	v114o1	Other floor material	discrete	character	1.14 Type of house MAIN MATERIAL OF THE FLOOR Other (Specify)
V60	v115	Main roof material	discrete	numeric	1.15. MAIN MATERIAL OF THE ROOF
V61	V115o1	Other roof material	discrete	character	1.15. MAIN MATERIAL OF THE ROOF Other (Specify)
V62	v116	Main wall material	discrete	numeric	1.16. MAIN MATERIAL OF THE WALL
V63	v116o1	Other wall material	discrete	character	1.16. MAIN MATERIAL OF THE WALL Other (Specify)
V64	v117	Rented/owned dwelling	discrete	numeric	1.17. Is your household renting or does it own this dwelling unit
V65	v117o1	Other dwelling ownership	discrete	character	1.17. Is your household renting or does it own this dwelling unit Other(Specify)
V66	v118a	No food and money in past 30 days	discrete	numeric	1.18 a. During the past 30 days the food in your household got finished and you didn't have money to get more.
V67	v118b	Children in household failed to eat for whole day in past 30 days	discrete	numeric	1.18 b. During the past 30 days, children in your household failed to eat for a whole day/slept hungry because there wasn't enough money for food
V68	v118c	Adult(s) in household failed to eat for whole day in past 30 days	discrete	numeric	1.18 c. During the past 30 days, you or other adult(s) in your household failed to eat for a whole day because there wasn't enough food.
V69	v118d	HH struggle to get enough food	discrete	numeric	1.18 d. In our household, we always struggle to have enough food
V70	v119	Toilet facilities at home	discrete	numeric	1.19. What kind of toilet facility do you usually use when you are at home?
V71	v119o1	Specify toilet facilities at home	discrete	character	1.19. What kind of toilet facility do you usually use when you are at home? Other (Specify)
V72	v120a	Do you pay to use toilet at home	discrete	numeric	1.20. Do you pay to use the toilet facility?
V73	v120b	Pay for toilet at home: Pattern of payment	discrete	numeric	1.20 What is the pattern of payment?
V74	v120bo1	Other modes of home toilet use	discrete	numeric	1.20 What is the pattern of payment? Other (Specify)

ID	Name	Label	Type	Format	Question
V75	v121i	The toilet door is hard to shut	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: i. The toilet door is hard to shut
V76	v121ii	The toilet door does not lock from the inside	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: ii. The toilet door does not lock from the inside
V77	v121iii	I have to ask for a key to use a toilet	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: iii. I have to ask for a key to use a toilet
V78	v121iv	I wash my hands with water	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: iv. I wash my hands with water
V79	v121v	I have to ask for a key to access water for washing hands	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: v. I have to ask for a key to access water for washing hands
V80	v121vi	I wash my hands with soap	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: vi. I wash my hands with soap
V81	v121vii	I worry about privacy when using home toilets	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: vii. I worry about privacy when using school/college toilets
V82	v121viii	I use toilet paper	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: viii. I use toilet paper
V83	v121ix	I use other paper eg newspaper	discrete	numeric	1.21. How often have you had the following experiences with the toilet you use at home: ix. I use other paper e.g. newspaper
V84	v122	If has access to toilet paper: who buys	discrete	numeric	1.22. If you have access to toilet paper, who buys it?
V85	v122o1	Others who buy toilet paper	discrete	numeric	1.22. If you have access to toilet paper, who buys it? other [Specify]
V86	v123	Main source of water for bathing	discrete	numeric	1.23 What is the main source of water that you use for bathing?
V87	v123o1	Specify other source of water for bathing	discrete	numeric	1.23 What is the main source of water that you use for bathing? Other Specify
V88	v124	Ease for accessing bathing water	discrete	numeric	1.24 How easy would you say it is to access water for bathing?
V89	v125	Access to bathing water during last 3 monthly periods	discrete	numeric	1.25. During your last three periods, were you able to access water for bathing?
V90	v126	If uses cloths or anything washable during menstruation	discrete	numeric	1.26. During menstruation, do you ever use cloths or anything else that you wash and reuse?
V91	v127	If Yes: Main source of water for washing cloth/other	discrete	numeric	1.27 If yes, what is the main source of water that you use for washing these items?
V92	v127o1	Specify other source of water for washing cloth/other	discrete	numeric	1.27 If yes, what is the main source of water that you use for washing these items? Other Specify
V93	v128	Ease of accessing water for washing menstrual cloths	discrete	numeric	1.28 How easy would you say it is to access water for washing menstrual cloths?
V94	v129	If uses water as it is or boils when washing cloth/other	discrete	numeric	1.29 When washing the cloths, do you use the water as it is, or do you boil it before using it?
V95	v130	Toilet facilities in school/college	discrete	numeric	1.30 What kind of toilet facility do you usually use when in school or college?
V96	v130o1	Specify toilet facilities in school/college	discrete	character	1.30 What kind of toilet facility do you usually use when in school or college? Other Specify

ID	Name	Label	Type	Format	Question
V97	v131	Separate toilets for boys and girls	discrete	numeric	1.31 Are there separate toilet facilities for boys and girls at school?
V98	v132a	The toilet door is hard to shut	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: The toilet door is hard to shut
V99	v132b	The toilet door does not lock from the inside	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: The toilet door does not lock from the inside
V100	v132c	I have to ask for a key to use a toilet	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I have to ask for a key to use a toilet
V101	v132d	I wash my hands with water	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I wash my hands with water
V102	v132e	I have to ask for a key to access water for washing hands	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I have to ask for a key to access water for washing hands
V103	v132f	I wash my hands with soap	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I wash my hands with soap
V104	v132g	I worry about privacy when using school/college toilets	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I worry about privacy when using school/college toilets
V105	v132h	I use toilet paper	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I use toilet paper
V106	v132i	I use other paper eg newspaper	discrete	numeric	1.32 How often have you had the following experiences with the toilets you use at school: I use other paper e.g. newspaper
V107	v133	If has access to toilet paper: who buys	discrete	numeric	If you have access to toilet paper, who buys it?
V108	v133o1	Specify other who buy toilet paper	discrete	numeric	If you have access to toilet paper, who buys it? Other (specify)
V109	v201a	Changes in a girl's/woman's routine such as travelling can cause changes in her	discrete	numeric	Please state whether the following statements are true or false. a. Changes in a girl's/woman's routine such as travelling can cause changes in her menstrual cycle.
V110	v201b	It is normal to put on weight at the time of puberty	discrete	numeric	Please state whether the following statements are true or false. b. It is normal to put on weight at the time of puberty.
V111	v201c	Girls usually reach puberty before boys	discrete	numeric	Please state whether the following statements are true or false. c. Girls usually reach puberty before boys.
V112	v201d	Periods come approximately every 28 days, OR longer or shorter, especially the f	discrete	numeric	Please state whether the following statements are true or false. d. Periods come approximately every 28 days, but it can be much longer or shorter, especially when she first starts to menstruate.
V113	v201e	Girls cannot use tampons until they are about 17 because their vaginas are too s	discrete	numeric	Please state whether the following statements are true or false. e. Girls cannot use tampons until they are about 17 because their vaginas are too small.
V114	v201f	Other people can tell when a girl/woman is having her period without her telling	discrete	numeric	Please state whether the following statements are true or false. f. Other people can tell when a girl/woman is having her period without her telling them.
V115	v201g	It is dangerous for a girl/woman to go swimming when she is having her period	discrete	numeric	Please state whether the following statements are true or false. g. It is dangerous for a girl/woman to go swimming when she is having her period.
V116	v201h	Female athletes and dancers in heavy training sometimes stop menstruating	discrete	numeric	Please state whether the following statements are true or false. h. Female athletes and dancers in heavy training sometimes stop menstruating

ID	Name	Label	Type	Format	Question
V117	v201i	Menstruation (periods) cleans the body of dirty blood	discrete	numeric	Please state whether the following statements are true of false. i. Menstruation (periods) cleans the body of dirty blood.
V118	v201j	Girls/women usually lose about a cup of blood during a period	discrete	numeric	Please state whether the following statements are true of false. j. Girls/women usually lose about a cup of blood during a period.
V119	v201k	The sole purpose of menstrual blood is to help flush out an egg every month	discrete	numeric	Please state whether the following statements are true of false. k. The sole purpose of menstrual blood is to help flush out an egg every month.
V120	v201l	Menstrual blood comes from the uterus, which is the place in a woman's body where	discrete	numeric	Please state whether the following statements are true of false. l. Menstrual blood comes from the uterus, which is the place in a woman's body where babies grow.
V121	v201m	Menstrual blood leaves the body through the urethra, the passage that urine flow	discrete	numeric	Please state whether the following statements are true of false. m. Menstrual blood leaves the body through the urethra, the passage that urine flows through.
V122	v201n	All girls/women get bad tempered or have mood swings before they get their period	discrete	numeric	Please state whether the following statements are true of false. n. All girls/women get bad tempered or have mood swings before they get their periods.
V123	v202a	Having periods is great because it means you are growing up	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only a. Having periods is great because it means you are growing up
V124	v202b	Having your period is something to be proud of	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only b. Having your period is something to be proud of
V125	v202c	I feel sorry for girls who get their periods at a very young age, eg 10 years	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only c. I feel sorry for girls who get their periods at a very young age, eg 10 years
V126	v202d	Periods are a nuisance	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only d. Periods are a nuisance
V127	v202e	Periods are embarrassing	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only e. Periods are embarrassing
V128	v202f	Your first period is a great event in your life	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only f. Your first period is a great event in your life
V129	v202g	Getting your period is something to keep quiet about	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only g. Getting your period is something to keep quiet about
V130	v202h	Periods are uncomfortable	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only h. Periods are uncomfortable
V131	v202i	Because of periods, I would rather stay a girl than become a woman	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only i. Because of periods, I would rather stay a girl than become a woman
V132	v202j	Having periods makes you feel special	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only j. Having periods makes you feel special
V133	v202k	Periods are exciting and interesting	discrete	numeric	2.2 Questions on attitudes to menstruation for under 18s only k. Periods are exciting and interesting
V134	v203a	A girl's/woman's performance in sports is not affected negatively by menstruation	discrete	numeric	2.3. Menstruation as a debilitating event a. A girl's/woman's performance in sports is not affected negatively by menstruation.
V135	v203b	Girls/women are more tired than usual when they are menstruating	discrete	numeric	2.3. Menstruation as a debilitating event b. Girls/women are more tired than usual when they are menstruating.
V136	v203c	I expect extra consideration from my friends when I am menstruating	discrete	numeric	2.3. Menstruation as a debilitating event c. I expect extra consideration from my friends when I am menstruating.



ID	Name	Label	Type	Format	Question
V137	v203d	Physical effects of menstruation on the body are no greater than other usual var	discrete	numeric	2.3. Menstruation as a debilitating event d. The physical effects of menstruation on the body are usually no greater than other usual variations in physical state.
V138	v203e	Menstruation can adversely affect my performance in sports	discrete	numeric	2.3. Menstruation as a debilitating event e. Menstruation can adversely affect my performance in sports.
V139	v203f	I feel as fit during menstruation as I do during any other time of the month	discrete	numeric	2.3. Menstruation as a debilitating event f. I feel as fit during menstruation as I do during any other time of the month.
V140	v203g	I don't allow the fact that I'm menstruating to interfere with my usual activiti	discrete	numeric	2.3. Menstruation as a debilitating event g. I don't allow the fact that I'm menstruating to interfere with my usual activities.
V141	v203h	Avoiding certain activities during menstruation is often very wise	discrete	numeric	2.3. Menstruation as a debilitating event h. Avoiding certain activities during menstruation is often very wise.
V142	v203i	I am easily upset during my premenstrual or menstrual periods than other times o	discrete	numeric	2.3. Menstruation as a debilitating event i. I am more easily upset during my premenstrual or menstrual periods than at other times of the month.
V143	v203j	I don't believe my menstrual period affects how well I do on intellectual tasks	discrete	numeric	2.3. Menstruation as a debilitating event j. I don't believe my menstrual period affects how well I do on intellectual tasks.
V144	v203k	I cannot expect as much of myself during menstruation compared to the rest of th	discrete	numeric	2.3. Menstruation as a debilitating event k. I realize that I cannot expect as much of myself during menstruation compared to the rest of the month.
V145	v203l	Girls/women have to accept the fact that they may not perform as well in daily a	discrete	numeric	2.3. Menstruation as a debilitating event l. Girls/women just have to accept the fact that they may not perform as well in their daily activities when they are menstruating.
V146	v203m	I often worry about blood leaking onto my clothes during my period	discrete	numeric	2.3. Menstruation as a debilitating event m. I often worry about blood leaking onto my clothes during my period
V147	v203n	It is easy for others to guess when I have my period	discrete	numeric	2.3. Menstruation as a debilitating event n. It is easy for others to guess when I have my period
V148	v203o	I feel confident that no one will know when I have my period	discrete	numeric	2.3. Menstruation as a debilitating event o. I feel confident that no one will know when I have my period
V149	v301	Ever had sexual intercourse	discrete	numeric	3.1. Have you ever had sexual intercourse?
V150	v302	Month and year of first sex	discrete	character	3.2. In what month and year did you first have sexual intercourse?
V151	v303	Age at first sex	contin	numeric	3.3 How old were you when you first had sexual intercourse?
V152	v304	No people had sex with	contin	numeric	3.4. In your lifetime, how many people have you had sexual intercourse with?
V153	v305	Ever pregnant	discrete	numeric	3.5. Have you ever been pregnant?
V154	v306	Number of times given birth	discrete	numeric	3.6. How many times have you given birth?
V155	v307	Number of times had vaginal birth	discrete	numeric	3.7. How many times have you given birth through vaginal delivery?
V156	v308a	Ever treated for STI	discrete	numeric	3.8. a). Have you ever been treated for an STI?
V157	v308b	If remembers names of infections	discrete	numeric	3.8 b). Do you remember the name(s) of these infections?
V158	v308c	If Yes: what were the names	discrete	numeric	3.8 c). If yes, what was/were the name(s)?
V159	v308d	Symptoms if dont remember names of infections	discrete	numeric	3.8 d). If you don't remember the names, what were some of the symptoms?

ID	Name	Label	Type	Format	Question
V160	v309a	Treated for STI in last 3 months	discrete	numeric	3.9. a). During the past 3 months, were you treated for an STI?
V161	v309b	If remembers names of infections	discrete	numeric	3.9 b). Do you remember the name(s) of these infections?
V162	v309c	If Yes: what were the names	discrete	character	3.9 c). If yes, what was/were the name(s)?
V163	v309d	Symptoms if dont remember names of infections	discrete	character	3.9 d). If not, what were some of the symptoms?
V164	v3010	If had any of these symptoms: lower andominal pain, pain when passing urine, itc	discrete	numeric	3.10 Have you ever had any of the following symptoms: lower abdominal pain, pain when passing urine, itching, unusual discharge in or around the vagina?
V165	v311	If has these symptoms: lower andominal pain, pain when passing urine, itching, u	discrete	numeric	3.11 Do you currently have any of the following symptoms: lower abdominal pain, pain when passing urine, itching, unusual discharge in or around the vagina?
V166	v401	Quantity of menstrual flow in last 3 months	discrete	numeric	4.1. How would you describe the quantity of your menstrual flow during your last 3 months' periods?
V167	v402	Last 3 periods: days on average for each period	discrete	numeric	4.2. Thinking about your last 3 periods, how many days, on average, does your period last?
V168	v403	Description on pattern of menstrual periods	discrete	numeric	4.3. Would you describe your menstrual periods as 01=regular or 02=Irregular?
V169	v404	Are you menstruating now?	discrete	numeric	4.4. Are you menstruating now? [01=YES; 02=NO]
V170	v405	When last period began	discrete	character	4.5. When did your last period begin? [DD/MM/YYYY]
V171	v406	When expects next period	discrete	character	4.6. When do you expect your next period to begin?
V172	v407	Days between first and second period	contin	numeric	4.7. For your second to last period, how many days were there between the first day of that period and the first day of the next period? [Probe to explain this question further: For example if you had the first day your menstruation today, how many days are in between before you get the first day of your next menstruation?
V173	v408	If interval same or varied	discrete	numeric	4.8. Has this interval been the same for the last three periods, or has it varied? [Same=01; Varied=02]
V174	v409aa	Had abdominal pains	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom - Abdominal pains
V175	v409ab	Severity of abdominal pains	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity - Abdominal pains
V176	v409ba	Had back pains	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom-Back pains
V177	v409bb	Severity of back pains	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity- Abdominal pains
V178	v409ca	Had irregular periods	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom-Irregular periods
V179	v409cb	Severity of irregular periods	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity-Irregular periods
V180	v409da	Had lack of sleep	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom-Lack of sleep
V181	v409db	Severity of lack of sleep	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity-Lack of sleep

ID	Name	Label	Type	Format	Question
V182	v409ea	Had lack of energy	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom- Lack of energy
V183	v409eb	Severity of lack of energy	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity- Lack of energy
V184	v409fa	Had negative moods	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptom- Negative moods
V185	v409fb	Severity of nagative moods	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity- Negative moods
V186	v409ga	had other things	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Symptoms - Other
V187	v409gb	Severity of other things	discrete	numeric	4.9 During your last three periods, have you had any of the following health problems: Severity- Other
V188	v501a	Methods ever used for collecting blood: Cloths	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Cloths
V189	v501b	Methods ever used for collecting blood: Sanitary towels	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Sanitary Towels
V190	v501c	Methods ever used for collecting blood: Tampons	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Tampons
V191	v501d	Methods ever used for collecting blood: Cotton wool	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Cotton Wool
V192	v501e	Methods ever used for collecting blood: Socks	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Socks
V193	v501f	Methods ever used for collecting blood: Mattress	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Mattress
V194	v501g	Methods ever used for collecting blood: Tissue paper	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Tissue Paper
V195	v501h	Methods ever used for collecting blood: Others	discrete	numeric	5.1. Which methods have you ever used for collecting blood during menstruation? Other
V196	v501ho1	Specify other methods ever used to collect blood	discrete	character	5.1. Which methods have you ever used for collecting blood during menstruation Other Specify
V197	v502a	Methods used in last 3 months for collecting blood: Cloths	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Cloths
V198	v502b	Methods used in last 3 months for collecting blood: Sanitary towels	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Sanitary Towels
V199	v502c	Methods used in last 3 months for collecting blood: Tampons	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Tampons
V200	v502d	Methods used in last 3 months for collecting blood: Cotton wool	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Cotton Wool
V201	v502e	Methods used in last 3 months for collecting blood: Socks	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Socks
V202	v502f	Methods used in last 3 months for collecting blood: Mattress	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Mattress
V203	v502g	Methods used in last 3 months for collecting blood: Tissue paper	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Tissue Paper
V204	v502h	Methods used in last 3 months for collecting blood: Others	discrete	numeric	5.2. Which method/product did you use during your last 3 periods? Other
V205	v502ho1	Specify other methods used in last 3 months to collect blood	discrete	character	5.2. Which method/product did you use during your last 3 periods? Other Specify

ID	Name	Label	Type	Format	Question
V206	v503a	If uses a different kind of menstrual method/product at night	discrete	numeric	5.3. a). Do you use a different kind of menstrual method/product at night?
V207	v503bi	If yes what: Cloths	discrete	numeric	5.3 b). If yes, what? Clothes
V208	v503bii	If yes what: Sanitary towels	discrete	numeric	5.3 b). If yes, what? Sanitary Towels
V209	v503biii	If yes what: Tampons	discrete	numeric	5.3 b). If yes, what? Tampoons
V210	v503biv	If yes what: Cotton wool	discrete	numeric	5.3 b). If yes, what? Cotton wool
V211	v503bv	If yes what: Socks	discrete	numeric	5.3 b). If yes, what? Socks
V212	v503bvi	If yes what: Mattress	discrete	numeric	5.3 b). If yes, what? Mattress
V213	v503bvii	If yes what: Tissue	discrete	numeric	5.3 b). If yes, what? Tissue
V214	v503bviii	If yes what: Others	discrete	numeric	5.3 b). If yes, what? Other
V215	v503bviii1	If yes what: Specify others	discrete	numeric	5.3 b). If yes, what? Other (specify)
V216	v504a	Method used most: Cloths	discrete	numeric	5.4. Which method/product do you use most? Cloths
V217	v504b	Method used most: Sanitary towels	discrete	numeric	5.4. Which method/product do you use most? Sanitary Towels
V218	v504c	Method used most: Tampons	discrete	numeric	5.4. Which method/product do you use most? Tampoons
V219	v504d	Method used most: Cotton wool	discrete	numeric	5.4. Which method/product do you use most? Cotton wool
V220	v504e	Method used most: Socks	discrete	numeric	5.4. Which method/product do you use most? Socks
V221	v504f	Method used most: Mattress	discrete	numeric	5.4. Which method/product do you use most? Mattress
V222	v504g	Method used most: Tissue	discrete	numeric	5.4. Which method/product do you use most? Tissue
V223	v504h	Method used most: Others	discrete	numeric	5.4. Which method/product do you use most? Others
V224	v504ho1	Specify other methods used most	discrete	numeric	5.4. Which method/product do you use most? Others Specify
V225	v505a	Rate method used most: Comfortable to wear	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] a. Comfortable to wear
V226	v505b	Rate method used most: Easy to use	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] b. Easy to use
V227	v505c	Rate method used most: Don't have to worry about it leaking	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] c. I don't have to worry about it leaking
V228	v505d	Rate method used most: Would be happy to tell my close female relatives/friends	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] d. I would be happy to tell my close female relatives or friends that I use it
V229	v505e	Rate method used most: Would be happy to tell female members of this community/s	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] e. I would be happy to tell female members of this community/school that I use it

ID	Name	Label	Type	Format	Question
V230	v505f	Rate method used most: Embarrassing to tell people I use it	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] f. It is embarrassing to tell people I use it
V231	v505g	Rate method used most: Would recommend it to a sister or friend	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] g. I would recommend it to a sister or friend
V232	v505h	Rate method used most: Product is suitable for women and girls of all ages	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] h. The product is suitable for women and girls of all ages
V233	v505i	Rate method used most: Product takes practice to learn how to use correctly	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] i. The product takes practice to learn how to use correctly
V234	v505j	Rate method used most: Sometimes it is hard to find somewhere private to change	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] j. Sometimes it is hard to find somewhere private to change it
V235	v505k	Rate method used most: For washable items: It is hard to wash	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] k. For washable items: It is hard to wash
V236	v505l	Rate method used most: It is unhygienic	discrete	numeric	How would you rate the method/product that you use the most in terms of the following criteria: [01="disagree a lot," 02= "kind of disagree," 03 = "kind of agree and 04= "agree a lot", 98= "don't know/no response"] l. It is unhygienic
V237	v506a	Method prefer to use	discrete	numeric	5.6. a). Which method/product do you prefer to use?
V238	v506ao1	Specify other methods	discrete	numeric	5.6. a). Which method/product do you prefer to use? Other (Specify)
V239	v506bi	Why: Its hygienic	discrete	numeric	5.6 b). Why? Its hygienic
V240	v506bii	Why: Its comfortable	discrete	numeric	5.6 b). Why? Its comfortable
V241	v506biii	Why: Affordable	discrete	numeric	5.6 b). Why? Affordable
V242	v506biv	Why: Others	discrete	numeric	5.6 b). Why? Others
V243	v506bivo1	Specify others	discrete	numeric	5.6 b). Why? Others (Specify)
V244	v507	Who buys commercial product	discrete	numeric	5.7. During your last 3 periods, how easy was it to access the sanitary method/product of your choice?
V245	v508a	Has anyone else ever bought commercial product	discrete	numeric	5.8 If she uses 02, 03 or 04 a) Who usually buys the sanitary towels/tampons/cotton wool that you use?
V246	v508ao1	If Yes: Other, specify	discrete	numeric	5.8 If she uses 02, 03 or 04 a) Who usually buys the sanitary towels/tampons/cotton wool that you use? Other (specify)
V247	v508b	Anyone else bought	discrete	numeric	5.8 b) Has anyone else ever bought them for you?
V248	v508c1	Who else: Respondent	discrete	numeric	5.8 c) c) If yes, who?

ID	Name	Label	Type	Format	Question
V249	v508c2	Who else: Parent/guardian	discrete	numeric	5.8 c) c) If yes, who?
V250	v508c3	Who else: Other family member	discrete	numeric	5.8 c) c) If yes, who?
V251	v508c4	Who else: Partner/boyfriend	discrete	numeric	5.8 c) c) If yes, who?
V252	v508c5	Who else: Other	discrete	numeric	5.8 c) c) If yes, who?
V253	v508co1	Who else: specify	discrete	numeric	5.8 c) c) If yes, who? Others (Specify)
V254	v508di	Amount spent on sanitary towels/tampons: 20-50	discrete	numeric	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month?
V255	v508dii	Amount spent on sanitary towels/tampons: 51-100	discrete	numeric	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month?
V256	v508diii	Amount spent on sanitary towels/tampons: 101-150	discrete	numeric	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month?
V257	v508div	Amount spent on sanitary towels/tampons: 151-200	discrete	numeric	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month?
V258	v508dv	Amount spent on sanitary towels/tampons: Other(s)	discrete	numeric	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month?
V259	v508do1	Specify other amounts spent on sanitary towels/tampons	discrete	character	5.8 d) How much do [they/you] spend on [sanitary towels/tampons] in a month? Other Specify
V260	v508e	Ease of paying for sanitary product	contin	numeric	5.8 e) How easy would you say it is to pay for this method? (1=Very easy, 2=moderately easy, 3=moderately difficult, 4=very difficult)
V261	v509	Who chooses method for managing menstruation	discrete	numeric	5.9. Who chooses the method you use for managing menstrual flow?
V262	v509o1	Specify others	discrete	numeric	5.9. Who chooses the method you use for managing menstrual flow? Other (Specify)
V263	v510	How often do you wash your body	discrete	numeric	5.10 How often do you wash your body?
V264	v511	How often do you wash when you have your period	discrete	numeric	5.11 How often do you wash when you have your period?
V265	v512e	Does your clothing choice change across your cycle	discrete	numeric	5.12 a). Does your clothing choice change across your cycle?
V266	v512bi	If yes, how does it change	discrete	numeric	5.12 b). If yes, how does it change?
V267	v512bii	If yes, how does it change: wear darker clothes	discrete	numeric	5.12 b). If yes, how does it change? wear darker clothes
V268	v512biii	If yes, how does it change: wear loose clothes	discrete	numeric	5.12 b). If yes, how does it change? wear loose clothes
V269	v512biv	If yes, how does it change: wear extra clothes	discrete	numeric	5.12 b). If yes, how does it change? wear extra clothes
V270	v512bivo1	If yes, how does it change: Others, specify	discrete	numeric	5.12 b). If yes, how does it change? Other (Specify)
V271	v513	Last 3 periods, did having period stop you from attending any school classes	discrete	numeric	5.13 During your last 3 periods, did having your period stop you from attending any school classes?
V272	v513ai	IF Yes, how: lack of access to sanitary towels	discrete	numeric	5.13 a). why did it stop you attending class? 01. lack of access to sanitary towels
V273	v513aii	IF Yes, how: access to sanitary towels but fear of staining clothes	discrete	numeric	5.13 a). why did it stop you attending class? 02. access to sanitary towels but fear of staining clothes,
V274	v513aiii	IF Yes, how: taboos	discrete	numeric	5.13 a). why did it stop you attending class? 03. taboos
V275	v513aiv	IF Yes, how: pain/discomfort	discrete	numeric	5.13 a). why did it stop you attending class? 04. pain/discomfort



ID	Name	Label	Type	Format	Question
V276	v513av	IF Yes, how: moods	discrete	numeric	5.13 a). why did it stop you attending class? 05. moods
V277	v513avi	IF Yes, how: Other(s)	discrete	numeric	5.13 a). why did it stop you attending class? 96. other
V278	v513avio1	IF Yes, how: Specify other reasons	discrete	numeric	5.13 a). why did it stop you attending class? 96. other (specify)
V279	v513b	Which was the main reason	discrete	numeric	5.13 b). Which was the main reason?
V280	v513c	How many days did you miss classes due to your menses in the last 3 months	discrete	numeric	5.13 c). How many days did you miss classes due to your menses in the last 3 months?
V281	v514	Last 3 periods, do you think that having your menstrual period affected your con	discrete	numeric	5.14 During your last 3 periods, do you think that having your menstrual period affected your concentration in school?
V282	v514bi	If yes, why did it affect your concentration: lack of access to sanitary towels	discrete	numeric	5.14 a). If yes, why did it affect your concentration? lack of access to sanitary towels
V283	v514bii	If yes, why did it affect your concentration: access to sanitary towels but fear	discrete	numeric	5.14 a). If yes, why did it affect your concentration? access to sanitary towels but fear of staining clothes
V284	v514biii	If yes, why did it affect your concentration: taboos	discrete	numeric	5.14 a). If yes, why did it affect your concentration? Taboos
V285	v514biv	If yes, why did it affect your concentration: pain/discomfort	discrete	numeric	5.14 a). If yes, why did it affect your concentration? Pain/Discomfort
V286	v514bv	If yes, why did it affect your concentration: moods	discrete	numeric	5.14 a). If yes, why did it affect your concentration? Moods
V287	v514bvi	If yes, why did it affect your concentration: Other(s)	discrete	numeric	5.14 a). If yes, why did it affect your concentration? Other
V288	v514bvio1	If yes, why did it affect your concentration: Specify other reasons	discrete	numeric	5.14 a). If yes, why did it affect your concentration? Other (specify)
V289	v514c	Which was the main reason	discrete	numeric	5.14 b). Which was the main reason?
V290	v514co1	Specify main reason	discrete	character	5.14 b). Which was the main reason? Specify
V291	v515a	Last 3 periods, did having your period stop you from doing any other everyday ac	discrete	numeric	5.15 a). During your last 3 periods, did having your period stop you from doing any other everyday activities?
V292	v515bi	What activities weren't you able to do: paid work	discrete	numeric	5.15 b). What activities weren't you able to do paid work
V293	v515bii	What activities weren't you able to do: housework	discrete	numeric	5.15 b). What activities weren't you able to do housework
V294	v515biii	What activities weren't you able to do: church	discrete	numeric	5.15 b). What activities weren't you able to do church
V295	v515biv	What activities weren't you able to do: exercise	discrete	numeric	5.15 b). What activities weren't you able to do exercise
V296	v515bv	What activities weren't you able to do: socialising	discrete	numeric	5.15 b). What activities weren't you able to do socialising
V297	v515bvi	What activities weren't you able to do: other(s)	discrete	numeric	5.15 b). What activities weren't you able to do Others
V298	v515bvio1	What activities weren't you able to do: specify others	discrete	numeric	5.15 b). What activities weren't you able to do Others (Specify)
V299	v516i	Why did it stop you doing the activity: lack of access to sanitary towels	discrete	numeric	5.16 Why did it stop you doing the activity? lack of access to sanitary towels
V300	v516ii	Why did it stop you doing the activity: access to sanitary towels but fear of st	discrete	numeric	5.16 Why did it stop you doing the activity? access to sanitary towels but fear of staining clothes

ID	Name	Label	Type	Format	Question
V301	v516iii	Why did it stop you doing the activity: taboos	discrete	numeric	5.16 Why did it stop you doing the activity? Taboos
V302	v516iv	Why did it stop you doing the activity: pain/discomfort	discrete	numeric	5.16 Why did it stop you doing the activity? pain/discomfort
V303	v516v	Why did it stop you doing the activity: moods	discrete	numeric	5.16 Why did it stop you doing the activity? moods
V304	v516vi	Why did it stop you doing the activity:Other(s)	discrete	numeric	5.16 Why did it stop you doing the activity? Other
V305	v516vio1	Why did it stop you doing the activity:Specify others	discrete	numeric	5.16 Why did it stop you doing the activity? Other (Specify)
V306	v516a	Which was the main reason	discrete	numeric	5.16 a). Which was the main reason?
V307	v516o1	Other reasons, specify	discrete	numeric	5.16 a). Which was the main reason? Other (Specify)
V308	v601	Have you ever inserted anything in the vagina to collect menstrual flow	discrete	numeric	6.1. Have you ever inserted anything in the vagina to collect menstrual flow?
V309	v601a	[If yes] what have you used	discrete	numeric	a). [If yes] what have you used?
V310	v601ao1	Other(s) specify	discrete	character	a). [If yes] what have you used? Other (Specify)
V311	v601b	how often do you use it	discrete	numeric	6.1 b). how often do you use it?
V312	v602	Have you ever inserted anything in the vagina to prevent pregnancy	discrete	numeric	6.2. Have you ever inserted anything in the vagina to prevent pregnancy?
V313	v602a	[If yes]what have you used	discrete	numeric	6.2 a). [If yes] what have you used?
V314	v602ao1	Other(s) specify	discrete	numeric	6.2 a). [If yes] what have you used? Other (Specify)
V315	v602b	Is this your current method of preventing pregnancy	discrete	numeric	6.2 b). Is this your current method of preventing pregnancy?
V316	v602c	[If yes] how often do you use it	discrete	numeric	6.2 c). [If yes] how often do you use it?
V317	v603	Have you ever inserted anything in the vagina to prevent diseases	discrete	numeric	6.3. Have you ever inserted anything in the vagina to prevent diseases?
V318	v603a	[IF YES] what have you used	discrete	numeric	6.3 a). [IF YES] what have you used?
V319	v603ao1	[IF YES] specify what have you used	discrete	numeric	6.3 a). [IF YES] what have you used? Other (Specify)
V320	v603b	Is this your current method of preventing diseases	discrete	numeric	6.3 b). Is this your current method of preventing diseases?
V321	v603c	[IF YES] how often do you use it	discrete	numeric	6.3 c). [IF YES] how often do you use it?
V322	v604	Have you ever had a Papanicolaou smear test [Pap smear]	discrete	numeric	6.4. Have you ever had a Papanicolaou smear test [Pap smear]?
V323	v605	Do you ever wash inside the vagina for cleaning	discrete	numeric	6.5. Do you ever wash inside the vagina for cleaning?
V324	v605ai	[IF YES] what do you use: water	discrete	numeric	a). [IF YES] what do you use water
V325	v605aia	[IF YES] what do you use: soap	discrete	numeric	a). [IF YES] what do you use soap
V326	v605aiaa	[IF YES] what do you use: cloth	discrete	numeric	a). [IF YES] what do you use cloth
V327	v605aiaiv	[IF YES] what do you use: other(s)	discrete	numeric	a). [IF YES] what do you use Other
V328	v605aiaiv1	[IF YES] what do you use: specify other(s)	discrete	numeric	a). [IF YES] what do you use Other (specify)
V329	v605b	How often do you use it?	discrete	numeric	6.5 b). How often do you use it?



ID	Name	Label	Type	Format	Question
V330	v606	Have you ever inserted anything in the vagina to make it dry	discrete	numeric	6.6. Have you ever inserted anything in the vagina to make it dry?
V331	v606a	[If yes] how often do you use it	discrete	numeric	6.6 a). [if yes] how often do you use it?
V332	v607	Have you ever inserted anything in the vagina to heal or treat any health problem	discrete	numeric	6.7. Have you ever inserted anything in the vagina to heal or treat any health problems?
V333	v607a	). [If yes] how often do you use it	discrete	numeric	6.7 a). [If yes] how often do you use it?
V334	v701	Had you ever heard of menstrual cups before we contacted you about this study	discrete	numeric	7.1. Had you ever heard of menstrual cups before we contacted you about this study?
V335	v701a	If yes, how did you hear about menstrual cups	discrete	numeric	7.1 a). If yes, how did you hear about menstrual cups?
V336	v701ao1	Others, specify	discrete	numeric	7.1 a). If yes, how did you hear about menstrual cups? Other (Specify)
V337	v701b	What was the main reason why you decided to participate in this study	discrete	numeric	7.1 b). What was the main reason why you decided to participate in this study?
V338	v701bo1	Specify other reason(s)	discrete	numeric	7.1 b). What was the main reason why you decided to participate in this study? Other (Specify)
V339	v701ci	Thoughts about the study then: beneficial	discrete	numeric	7.1 c). I'd like to know what you thought about this study when you learned that we would be asking women to try using menstrual cups a. Beneficial
V340	v701cii	Thoughts about the study then: help solve menstrual problems	discrete	numeric	7.1 c). I'd like to know what you thought about this study when you learned that we would be asking women to try using menstrual cups b. They help solve menstruation problems
V341	v701ciii	Thoughts about the study then: menstrual cups are better	discrete	numeric	7.1 c). I'd like to know what you thought about this study when you learned that we would be asking women to try using menstrual cups c. Menstruation cups are better
V342	v701civ	Thoughts about the study then: other(s)	discrete	numeric	7.1 c). I'd like to know what you thought about this study when you learned that we would be asking women to try using menstrual cups d. Other
V343	v701civo1	Thoughts about the study then: specify	discrete	numeric	7.1 c). I'd like to know what you thought about this study when you learned that we would be asking women to try using menstrual cups d. Other [Specify]
V344	v702a	First feeling of MC:very excited to try it	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? a) very excited to try it
V345	v702b	First feeling of MC:somewhat excited but a little afraid	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? b) somewhat excited but a little afraid
V346	v702c	First feeling of MC:neutral you wanted to wait and see	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? c) neutral you wanted to wait and see
V347	v702d	First feeling of MC:mostly afraid, but you were willing to give it a try	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? d) mostly afraid, but you were willing to give it a try
V348	v702e	First feeling of MC:didn't like idea but decide to join for other reasons	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? e) You didn't like the idea of a menstrual cup, but you decided to join because of other reasons

ID	Name	Label	Type	Format	Question
V349	v702eo1	First feeling of MC: specify other reasons	discrete	numeric	7.2. Which of the following best describes how you felt about menstrual cups when you first heard about the study? e) You didn't like the idea of a menstrual cup, but you decided to join because of other reasons (Specify)
V350	v703a	How did your feelings about MC change after you first saw it:liked it more:	discrete	numeric	7.3. How did your feelings about the menstrual cup change after you first saw it? a) liked it more
V351	v703b	How did your feelings about MC change after you first saw it:liked it less	discrete	numeric	7.3. How did your feelings about the menstrual cup change after you first saw it? b) liked it less
V352	v703c	How did your feelings about MC change after you first saw it:no change	discrete	numeric	7.3. How did your feelings about the menstrual cup change after you first saw it? c) no change
V353	v704a	Rate MC:The way the menstrual cup looks	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: The way the menstrual cup looks
V354	v704b	Rate MC:That you can reuse it many times	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: That you can reuse it many times
V355	v704c	Rate MC:Hands must be washed before removing and inserting the MC	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: Hands must be washed before removing and inserting the menstrual cup
V356	v704d	Rate MC:The MC should be boiled for 5 minutes each month	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: The menstrual cup should be boiled for 5 minutes each month
V357	v704e	Rate MC:That it goes inside the vagina	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: That it goes inside the vagina
V358	v704f	Rate MC:That you have to touch your vagina to put it in	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: that you have to touch your vagina to put it in
V359	v704g	Rate MC:The MC should be wiped with tissue or washed in soap and water	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: The menstrual cup should be wiped with tissue or washed in soap and water when it is emptied
V360	v704h	Rate MC:That you have to see menstrual blood	discrete	numeric	7.4. Please rate the following characteristics of the menstrual cup according to this scale: That you have to see menstrual
V361	v800	Any comments	discrete	character	8. Any Comments

## MC\_Endline\_final

### Content

Cases	90
Variable(s)	225
Structure	Type: Keys: ()
Version	
Producer	
Missing Data	

## Variables

ID	Name	Label	Type	Format	Question
V364	vq01	individual id	contin	numeric	individual id
V365	vq02	site of interview	discrete	numeric	site of interview
V367	vq03	intv_loc	discrete	numeric	intv_loc
V369	vq04	interview date	discrete	character	Date:
V370	vq05	interview start time	discrete	character	interview start time
V371	v103a	Currently in school	discrete	numeric	Currently in school
V372	v103b	Form/class	discrete	numeric	Form/class
V373	v104a	Currently in higher education	discrete	numeric	Currently in higher education
V374	v104b	Level of higher education	discrete	numeric	Level of higher education
V375	v105	Not in school: Highest level of education	discrete	numeric	Not in school: Highest level of education
V376	v105o1	Specify highest level of education	discrete	character	Specify highest level of education
V377	v106	Age in completed years	contin	numeric	Age in completed years
V378	v107	Date of birth	discrete	character	Date of birth
V379	v108	Marital status as at baseline	discrete	character	Marital status as at baseline
V380	v108a	If there was change in marital status during trial	discrete	numeric	If there was change in marital status during trial
V381	v109	Change in marital status	discrete	numeric	Change in marital status
V382	v110	Total number of people in HH excluding you	discrete	numeric	Total number of people in HH excluding you
V383	v110aa	Relationship: Mother	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? i) Mother
V384	v110ab	Relationship: Father	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? ii) Father
V385	v110ac	Relationship: Stepmother	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? iii) Stepmother(s)
V386	v110ad	Relationship: Stepfather	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? iv) Stepfather(s)
V387	v110ae	Relationship: Female guardian(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? v) Female Guardian(s)
V388	v110af	Relationship: Male guardian(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? vi) Male Guardians(s)

ID	Name	Label	Type	Format	Question
V389	v110ag	Relationship: Older brother(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? vii) Older Brother(s)
V390	v110ah	Relationship: Younger brother(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? viii) Younger Brother(s)
V391	v110ai	Relationship: Older sister(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? ix) Older Sister(s)
V392	v110aj	Relationship: Younger sister(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? x) Younger Sister(s)
V393	v110ak	Relationship: Aunt(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xi) Aunt(s)
V394	v110al	Relationship: Uncle(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xii) Uncle(s)
V395	v110am	Relationship: Grandmother(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xiii) Grandmother(s)
V396	v110an	Relationship: Grandfather(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xiv) Grandfather(s)
V397	v110ao	Relationship: Boyfriend(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xv) Boyfriend(s)
V398	v110ap	Relationship: Husband	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xvi) Husband
V399	v110aq	Relationship: Daughter(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xvii) Daughter(s)
V400	v110ar	Relationship: Son(s)	discrete	numeric	1.9 Please tell me the other people living in the same house where you live? xviii) Son(s)
V401	v110as	Relationship: Other	discrete	character	1.9 Please tell me the other people living in the same house where you live? xix) Other
V402	v110aso1	Specify other relationship(s)	discrete	character	1.9 Please tell me the other people living in the same house where you live? xix) Other (specify)
V403	v111	Toilet facilities at home during trial	discrete	numeric	1.10 During the menstrual cup trial, what kind of toilet facilities did you usually use when you were at home?
V404	v111o1	Specify toilet facilities at home during trial	discrete	numeric	1.10 During the menstrual cup trial, what kind of toilet facilities did you usually use when you were at home? Other- Specify
V405	v112	Did you pay to use toilet at home during trial	discrete	numeric	1.11 During the menstrual cup trial, did you have to pay to use the toilet facility?
V406	v113	Pay for toilet at home: Pattern of payment	discrete	numeric	1.12 [If YES] What is the pattern of payment?
V407	v113o1	Other modes of home toilet use during trial	discrete	character	1.12 [If YES] What is the pattern of payment? Other - Specify
V408	v114a	During trial: The toilet door is hard to shut	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? i) The toilet door is hard to shut
V409	v114b	During trial: The toilet door does not lock from the inside	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? ii) The toilet door does not lock from the inside
V410	v114c	During trial: I have to ask for a key to use a toilet	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? iii) I have to ask for a key to use a toilet
V411	v114d	During trial: I wash my hands with water	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? iv) I wash my hands with water

ID	Name	Label	Type	Format	Question
V412	v114e	During trial: I have to ask for a key to access water for washing hands	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? v) I have to ask for a key to access water for washing hands
V413	v114f	During trial: I wash my hands with soap	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? vi) I wash my hands with soap
V414	v114g	During trial: I worry about privacy when using home toilets	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? vii) I worry about privacy when using school/college toilets
V415	v114h	During trial: I use toilet paper	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? viii) I use toilet paper
V416	v114j	During trial: I use other paper eg newspaper	discrete	numeric	1.13 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at home? ix) I use other paper e.g. newspaper
V417	v114k	During trial: I wash myself with water after using toilet	discrete	numeric	During trial: I wash myself with water after using toilet
V418	v115	During trial: Main source of water for bathing	discrete	numeric	1.14 During the menstrual cup trial, what was the main source of water that you used for bathing?
V419	v115o1	During trial: Specify other source of water for bathing	discrete	character	1.14 During the menstrual cup trial, what was the main source of water that you used for bathing? Specify
V420	v116	During trial: Ease of accessing water bathing water during periods	discrete	numeric	1.15 During the menstrual cup trial, were you able to access water for bathing?
V421	v117	During trial: did you use water to wash the cup	discrete	numeric	1.16 During the menstrual cup trial, did you use water for washing the menstrual cup?
V422	v118	IF Yes, main source of water	discrete	numeric	1.17 If yes, what was the main source of water that you used for washing the cup?
V423	v118o1	Other water source	discrete	character	1.17 If yes, what was the main source of water that you used for washing the cup? Specify
V424	v119	Ease of getting water for cleaning MC	discrete	numeric	1.18. How easy would you say it was to access water for washing the menstrual cup?
V425	v120	Currently in school	discrete	numeric	Currently in school
V426	v120aa	During the trial: The toilet door is hard to shut	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: i) The toilet door is hard to shut
V427	v120ab	During the trial: The toilet door does not lock from the inside	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: ii) The toilet door does not lock from the inside
V428	v120ac	During the trial: I have to ask for a key to use a toilet	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: iii) I have to ask for a key to use a toilet
V429	v120ad	During the trial: I wash my hands with water	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: iv) I wash my hands with water
V430	v120ae	During the trial: I have to ask for a key to access water for washing hands	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: v) I have to ask for a key to access water for washing hands
V431	v120af	During the trial: I wash my hands with soap	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: vi) I wash my hands with soap

ID	Name	Label	Type	Format	Question
V432	v120ag	During the trial: I worry about privacy when using school/college toilets	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: vii) I worry about privacy when using school/college toilets
V433	v120ah	During the trial: I use toilet paper	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: viii) I use toilet paper
V434	v120ai	During the trial: I use other paper eg newspaper	discrete	numeric	1.19 During the menstrual cup trial, how often did you have the following experiences with the toilet you use at school: ix) I use other paper eg newspaper
V435	v120aj	During the trial: I use water to clean myself	discrete	numeric	During the trial: I use water to clean myself
V436	v201	During trial: Ever had sexual intercourse	discrete	numeric	2.1 Since the start of the menstrual cup trial, have you had sexual intercourse?
V437	v202	During trial: Ever had an STI	discrete	numeric	2.2 During the study trial, were you ever diagnosed with an RTI, STI, urinary tract infection? Do you remember the name(s) of these infections?
V438	v202a	If remembers names of infections	discrete	numeric	2.2 a) If yes, what was/were the name(s)?
V439	v202b	If Yes: what were the names	discrete	numeric	2.2 a) If yes, what was/were the name(s)?
V440	v203	If yes, did you receive treatment	discrete	numeric	2.3 Did you receive treatment for this infection?
V441	v204	During trial: pain, itch, unusual discharge in private parts	discrete	numeric	2.4 During the menstrual cups trial, did you ever have any of the following symptoms: pain, itching, unusual discharge in or around the vagina?
V442	v204a	If remembers names of infections	discrete	numeric	2.4 a) Do you remember the name(s) of these infections?
V443	v204b	If Yes: what were the names	discrete	numeric	2.4 If yes, what was/were the name(s)?
V444	v205	If has these symptoms: lower abdominal pain, pain when passing urine, itching, u	discrete	numeric	Do you currently have any of the following symptoms: pain, itching, unusual discharge in or around the vagina?
V445	v301	During trial: quantity of menstrual flow	discrete	numeric	3.1 How would you describe the quantity of your menstrual flow During the menstrual cup trial?
V446	v302	During trial: days on average for each period	discrete	numeric	3.2 During the menstrual cup trial, how many days, on average, did your periods last?
V447	v303	Description on pattern of menstrual periods	discrete	numeric	3.3 Would you describe your menstrual periods as regular?
V448	v304	Are you menstruating now?	discrete	numeric	3.4 Are you menstruating now?
V449	v305	When last period began	discrete	character	3.5 When did your last period begin?
V450	v306	When expects next period	discrete	character	3.6 When do you expect your next period to begin?
V451	v307	Days between first and second period	discrete	numeric	3.7 For your second to last period, how many days were there between the first day of that period and the first day of the next period? [Probe to explain this question further: For example if you had the first day your menstruation today, how many days are in between before you get the first day of your next menstruation?
V452	v308	If interval same or varied	discrete	numeric	3.8 Has this interval been the same for the last three periods, or has it varied?
V453	v309aa	Had abdominal pains	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: abdominal pains
V454	v309ab	Severity of abdominal pains	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity : abdominal pains

ID	Name	Label	Type	Format	Question
V455	v309ba	Had back pains	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Back pains
V456	v309bb	Severity of back pains	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity : Back pains
V457	v309ca	Had irregular periods	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Irregular periods
V458	v309cb	Severity of irregular periods	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity : Irregular periods
V459	v309da	Had lack of sleep	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Lack of sleep
V460	v309db	Severity of lack of sleep	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity: Lack of sleep
V461	v309ea	Had lack of energy	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Lack of energy
V462	v309eb	Severity of lack of energy	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity : Lack of energy
V463	v309fa	Had negative moods	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom : Negative moods
V464	v309fb	Severity of negative moods	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity : Negative moods
V465	v309ga	Had other things	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Other
V466	v309gao1	Specify other things	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Symptom: Other (Specify)
V467	v309gbo1	Severity of other things	discrete	numeric	3.9 During the menstrual cup trial, have you had any of the following health problems: Severity: Other
V468	v310	During trial: periods stopped you from attending any school classes	discrete	numeric	3.10 During the menstrual cup trial, did having your period stop you from attending any school classes?
V469	v310aa	IF Yes, how: lack of access to pads	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 1. lack of access to pads
V470	v310ab	IF Yes, how: access to pads but fear of staining clothes	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 2. access to pads but fear of staining clothes
V471	v310ac	IF Yes, how: taboos	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 3. taboos
V472	v310ad	IF Yes, how: pain/discomfort	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 4. pain/discomfort
V473	v310ae	IF Yes, how: moods	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 5. moods
V474	v310af	IF Yes, reasons related to MC	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 6. reasons related to use of the menstrual cup
V475	v310afo1	IF Yes, how: Specify reasons related to MC	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 6. reasons related to use of the menstrual cup. (Specify)
V476	v310ag	IF Yes, how: Other(s)	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 6. other



ID	Name	Label	Type	Format	Question
V477	v310ago1	If Yes, how: Specify other reasons	discrete	numeric	3.10 If yes, why did it stop you doing the activity? 6. other (Specify)
V478	v310b	Which was the main reason	discrete	numeric	3.10 If yes, why did it stop you doing the activity?
V479	v311	How many days did you miss classes during MC trial	discrete	numeric	3.11 How many classes did you miss during the menstrual cup trial?
V480	v312	during the last 3 periods, do you think that having your menstrual period affect	discrete	numeric	3.13(a) During your last 3 periods, do you think that having your menstrual period affected your concentration in school?
V481	v312aa	If yes, why did it affect your concentration: lack of access to sanitary towels	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity lack of access to pads
V482	v312ab	If yes, why did it affect your concentration: access to sanitary towels but fear	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity access to pads but fear of staining clothes
V483	v312ac	If yes, why did it affect your concentration: taboos	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity Taboos
V484	v312ad	If yes, why did it affect your concentration: pain/discomfort	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity pain/discomfort
V485	v312ae	If yes, why did it affect your concentration: moods	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity moods
V486	v312af	If yes, why did it affect your concentration: Other(s)	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity reasons related to use of the menstrual cup
V487	v312afo1	If yes, why did it affect your concentration: Specify reasons related to MC	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity reasons related to use of the menstrual cup (if so, specify_____),
V488	v312ag	If yes, why did it affect your concentration: other reasons	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity Other
V489	v312ago1	If yes, why did it affect your concentration: Specify other reasons	discrete	numeric	3.13 (b) If yes, why did it affect your concentration? If yes, why did it stop you doing the activity Other (Specify)
V490	v312c	Which was the main reason	discrete	numeric	3.13 (c) Which was the main reason?
V491	v312co1	Specify main reason	discrete	numeric	3.13 (c) Which was the main reason? Specify
V492	v314	During the trial: did having your period stop you from doing any other everyday	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities?
V493	v314aa	What activities weren't you able to do: paid work	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? paid work
V494	v314ab	What activities weren't you able to do: housework	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? housework
V495	v314ac	What activities weren't you able to do: church	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? church
V496	v314ad	What activities weren't you able to do: exercise	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? exercise
V497	v314ae	What activities weren't you able to do: socialising	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? socialising



ID	Name	Label	Type	Format	Question
V498	v314af	What activities weren't you able to do:other(s)	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? Other
V499	v314af01	What activities weren't you able to do: specify others	discrete	numeric	3.14 (a) During the menstrual cup trial, did having your period stop you from doing any other everyday activities? Other (Specify)
V500	v314ba	Why did it stop you doing the activity: lack of access to sanitary towels	discrete	numeric	3.14 (b) Why did it stop you doing the activity? lack of access to pads
V501	v314bb	Why did it stop you doing the activity: access to sanitary towels but fear of st	discrete	numeric	3.14 (b) Why did it stop you doing the activity? access to pads but fear of staining clothes
V502	v314bc	Why did it stop you doing the activity: taboos	discrete	numeric	3.14 (b) Why did it stop you doing the activity? taboos
V503	v314bd	Why did it stop you doing the activity: pain/discomfort	discrete	numeric	3.14 (b) Why did it stop you doing the activity? pain/discomfort
V504	v314be	Why did it stop you doing the activity: moods	discrete	numeric	3.14 (b) Why did it stop you doing the activity? moods
V505	v314bf	Why did it stop you doing the activity:Reasons related to MC	discrete	numeric	3.14 (b) Why did it stop you doing the activity? reasons related to use of the menstrual cup
V506	v314bf01	specify reasons related to use of MC	discrete	numeric	3.14 (b) Why did it stop you doing the activity? reasons related to use of the menstrual cup Specify
V507	v314bg	Why did it stop you doing the activity:Others	discrete	numeric	3.14 (b) Why did it stop you doing the activity? Other
V508	v314bgo1	Why did it stop you doing the activity:Specify others	discrete	numeric	3.14 (b) Why did it stop you doing the activity? Other (Specify)
V509	v314c	Which was the main reason	discrete	numeric	3.14 (c) Which was the main reason?
V510	v314co1	Other reasons, specify	discrete	numeric	3.14 (c) Which was the main reason? Specify
V511	v401	Since beginning of the trial: did you try inserting the MC	discrete	numeric	4.1 Since the trial began, did you insert the menstrual cup?
V512	v402	did you use the MC to manage menses	discrete	numeric	4.2 Did you use the menstrual cup as a method for managing menstrual flow?
V513	v403	During the trial: did you use other methods to manage menses?	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow?
V514	v403aa	If yes:cloths	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? cloths
V515	v403ab	If yes:sanitary towels	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? sanitary towels
V516	v403ac	If yes:tampons	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? tampons
V517	v403ad	If yes:cotton wool	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? cotton wool
V518	v403ae	If yes:socks	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? socks
V519	v403af	If yes:mattress	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? mattress
V520	v403ag	If yes:other	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? Other

ID	Name	Label	Type	Format	Question
V521	v403ago1	If yes:specify other	discrete	numeric	4.3 During the menstrual cup trial, did you use any other methods for managing menstrual flow? Other Specify
V522	v403b	During trial: main method of managing menses	discrete	numeric	4.4 What was the main method you used for managing menstrual flow during the study trial?
V523	v403bo1	specify other	discrete	numeric	4.4 What was the main method you used for managing menstrual flow during the study trial? Other - Specify
V524	v404	how many menses since trial?	discrete	numeric	4.5 How many periods have you had since the start of the trial?
V525	v405aa	used MC for first menses	discrete	numeric	4.6 Did you use the menstrual cup in the first period?
V526	v405ab	for how many days	discrete	numeric	4.6 Did you use the menstrual cup in the first period? For how many days?
V527	v405ba	used MC for second menses	discrete	numeric	4.6 In the second?
V528	v405bb	for how many days	discrete	numeric	4.6 In the second? For how many days?
V529	v405ca	used MC for third menses	discrete	numeric	4.6 In the third?
V530	v405cb	for how many days	discrete	numeric	4.6 In the third? For how many days?
V531	v405da	used MC for fourth menses	discrete	numeric	4.6 In the fourth?
V532	v405db	for how many days	discrete	numeric	4.6 In the fourth? For how many days?
V533	v405ea	used MC for fifth menses	discrete	numeric	4.6 In the fifth?
V534	v405eb	for how many days	discrete	numeric	4.6 In the fifth? For how many days?
V535	v406a	Why stopped: didn't like that it's inserted	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? didn't like the fact that it needed to be inserted
V536	v406b	Why stopped: found it difficult to insert	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? found it difficult to insert
V537	v406c	Why stopped: found it uncomfortable	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? found it uncomfortable
V538	v406d	Why stopped: leakage	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? leakage
V539	v406e	Why stopped: worried about leakage	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? worried about leakage
V540	v406f	Why stopped: health problems	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? health problems
V541	v406g	Why stopped: health concerns	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? health concerns
V542	v406h	Why stopped: Others	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? Other
V543	v406ho1	Why stopped: specify others	discrete	numeric	4.7. [If stopped using] Why did you stop using the menstrual cup? Other - Specify
V544	v407a	was able to boil/sterilise the menstrual cup between each period	discrete	numeric	4.8 Please tell me how often during the trial you were able to do the following: a. I was able to boil/sterilise the menstrual cup between each period
V545	v407b	was able to wipe or wash the menstrual cup when emptying it	discrete	numeric	4.8 Please tell me how often during the trial you were able to do the following: b. I was able to wipe or wash the menstrual cup when emptying it
V546	v407c	was able to wash my hands before inserting it	discrete	numeric	4.8 Please tell me how often during the trial you were able to do the following: c. I was able to wash my hands before inserting it

ID	Name	Label	Type	Format	Question
V547	v407d	was able to wash my hands after inserting it	discrete	numeric	4.8 Please tell me how often during the trial you were able to do the following: d. I was able to wash my hands after inserting it
V548	v501a	information about the study that was provided before you decided whether or not	discrete	numeric	5.1 Please tell me about your general experiences with the study. How would you rate the following in terms of very good, good, neither good nor bad, bad or very bad? The information about the study that was provided before you decided whether or not to take part
V549	v501b	information on menstruation and menstrual cups provided at the start of the stud	discrete	numeric	5.1 Please tell me about your general experiences with the study. How would you rate the following in terms of very good, good, neither good nor bad, bad or very bad? The information on menstruation and menstrual cups provided at the start of the study
V550	v501c	support from the study nurse during the trial	discrete	numeric	5.1 Please tell me about your general experiences with the study. How would you rate the following in terms of very good, good, neither good nor bad, bad or very bad? The support from the study nurse during the trial
V551	v502a	The way the menstrual cup looks	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -The way the menstrual cup looks
V552	v502b	That you can reuse it many times	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -That you can reuse it many times
V553	v502c	Hands must be washed before removing and inserting the menstrual cup	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -Hands must be washed before removing and inserting the menstrual cup
V554	v502d	The menstrual cup should be boiled for 5 minutes each month	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -The menstrual cup should be boiled for 5 minutes each month
V555	v502e	That it goes inside the vagina	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -That it goes inside the vagina
V556	v502f	That you have to touch your vagina to put it in	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -That you have to touch your vagina to put it in
V557	v502g	The menstrual cup should be wiped with tissue or washed in soap and water when i	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: - The menstrual cup should be wiped with tissue or washed in soap and water when it is emptied
V558	v502h	That you have to see menstrual blood	discrete	numeric	5.2 Please rate the following characteristics of the menstrual cup (according to this scale: strongly like, like, dislike, strongly dislike) now that you have participated in the trial: -That you have to see menstrual blood

ID	Name	Label	Type	Format	Question
V559	v503a	menstrual cup is comfortable to wear	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") a) The menstrual cup is comfortable to wear
V560	v503b	When I have inserted the menstrual cup, I can't feel it is there	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") b) When I have inserted the menstrual cup, I can't feel it is there
V561	v503c	easy to insert the menstrual cup	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") c) It is easy to insert the menstrual cup
V562	v503d	menstrual cup might get lost inside my vagina	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") d) The menstrual cup might get lost inside my vagina
V563	v503e	menstrual cup might affect the size of my vagina	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") e) The menstrual cup might affect the size of my vagina
V564	v503f	If kept clean, the menstrual cup doesn't smell bad	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") f) If kept clean, the menstrual cup doesn't smell bad
V565	v503g	When I wear the MC, I don't have to worry about it leaking/MC doesn't leak	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") g) When I wear the menstrual cup, I don't have to worry about it leaking/The menstrual cup doesn't leak
V566	v503h	Sometimes it is hard to find somewhere private to change it	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") h) Sometimes it is hard to find somewhere private to change it
V567	v503i	would be happy to tell my close female relatives or friends that I use it	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") i) I would be happy to tell my close female relatives or friends that I use it
V568	v503j	would be happy to tell female members of this community/school that I use it	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") j) I would be happy to tell female members of this community/school that I use it
V569	v503k	would be embarrassed to other people that I use the menstrual cup	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") k) It would be embarrassed to other people that I use the menstrual cup
V570	v503l	would recommend the menstrual cup to a sister or friend	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") l) I would recommend the menstrual cup to a sister or friend
V571	v503m	The MC is suitable for women and girls of all ages	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") m) The menstrual cup is suitable for women and girls of all ages

ID	Name	Label	Type	Format	Question
V572	v503n	MC take practice to learn how to insert correctly	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") n) Menstrual cups take practice to learn how to insert correctly
V573	v503o	The menstrual cup is unhygienic	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") o) The menstrual cup is unhygienic
V574	v503p	It is inconvenient to boil the menstrual cup once a month	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") p) It is inconvenient to boil the menstrual cup once a month
V575	v503q	The MC is suitable for girls and women who have never had sex	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") q) The menstrual cup is suitable for girls and women who have never had sex
V576	v503r	Inserting the menstrual cup got easier with practice	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") r) Inserting the menstrual cup got easier with practice
V577	v503s	You are no longer a virgin after you have used MC, even if you've never had sex	discrete	numeric	5.3 How would you rate the product in terms of the following criteria: (1 _ "disagree a lot," 2 _ "kind of disagree," 3 _ "kind of agree," and 4 _ "agree a lot") s) You are no longer a virgin after you have used the menstrual cup, even if you've never had sex
V578	v504	Did you have any problems with using the menstrual cup?	discrete	numeric	5.4 Did you have any problems with using the menstrual cup?
V579	v504a	If yes, what was the main problem?	discrete	numeric	5.4 If yes, what was the main problem?
V580	v504b	Were you able to overcome the problem?	discrete	numeric	5.4 Were you able to overcome the problem?
V581	v504c	If yes how did you overcome the problem?	discrete	numeric	5.4 If yes how did you overcome the problem?
V582	v505	Will you use the menstrual cup in the future?	discrete	numeric	5.5 Will you use the menstrual cup in the future?
V583	v506	If you didn't have a MC, would you/parents/guardians buy one?	discrete	numeric	5.6 If you didn't have a menstrual cup, would you buy one, or ask your parents/guardians or others for money to buy one?
V584	v506a	If yes, how much would you be prepared to pay for a menstrual cup?	contin	numeric	5.6 If yes, how much would you be prepared to pay for a menstrual cup?
V585	v506b	Cost 1125-2375 for 10 yrs, How easy would you say it is to pay for this method	discrete	numeric	5.6 A menstrual cup costs between 1125 and 2375 Kenyan Shillings and can be used for up to 10 years. How easy would you say it is to pay for this method (very easy, moderately easy, a little difficult, very difficult, impossible)?
V586	v507	In your opinion, are MCs an acceptable method of managing menstrual flow?	discrete	numeric	5.7 In your opinion, are menstrual cups an acceptable method of managing menstrual flow?
V587	v507a	Why?	discrete	character	Why?
V588	v600	Would like referral services	discrete	numeric	6.0 If positive answers to questions on RTIs, STIs, menstrual disorders (LIST QUESTION NUMBERS), then ask participant if they would like to be referred to health services.
V589	v601	Any comments	discrete	character	Any comments
V590	v700	Interview end time	discrete	character	Interview end time

## Related Materials

### Questionnaires

#### IDI\_Baseline-Final

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Title IDI\_Baseline-Final  
Filename IDI\_Baseline-Final.pdf

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#### Structured questionnaire\_Baseline-Final

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Title Structured questionnaire\_Baseline-Final  
Filename Structured questionnaire\_Baseline-Final.pdf

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#### IDI\_Endline\_ENG-Final

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Title IDI\_Endline\_ENG-Final  
Filename IDI\_Endline\_ENG-Final.pdf

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#### Structured questionnaire\_Endline-Final

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Filename Structured questionnaire\_Endline-Final.pdf

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### Technical documents

#### Policy Brief (No. 20, 2010) Experiences and problems with menstruation among poor women and schoolgirls in Nairobi, Kenya

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Title Policy Brief (No. 20, 2010) Experiences and problems with menstruation among poor women and schoolgirls in Nairobi, Kenya  
Filename Policy Brief (No. 20, 2010) Experiences and problems with menstruation among poor women and schoolgirls in Nairobi, Kenya.pdf

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#### Policy Brief (No. 22, 2010) Use of menstrual cup by adolescent girls and women.Potential benefits and key challenges

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