

Self-Efficacy in Addressing Menstrual Needs Supplement

Table of Contents

Introduction	2
Overview of Self-Efficacy in Addressing Menstrual Needs	3
Self-Efficacy in Addressing Menstrual Needs Survey Questions in AMEHC	4
References	9

Introduction

Self-efficacy in addressing menstrual needs describes “a girl’s beliefs in her capabilities to carry out the tasks required to address her menstrual needs.”¹ Self-efficacy beliefs are formed by synthesizing information gathered through past experiences, observing others, receiving encouragement, and considering their own psychological and emotional condition.^{1,2} Additionally, self-efficacy in addressing menstrual needs can partially mediate the relationship between menstrual practices and participating in social activities or school.^{1,3,4}

Reasons to include **self-efficacy in addressing menstrual needs** measures in your work:

- To describe the current level of self-efficacy in addressing menstrual needs that participants experience
- To understand how self-efficacy in addressing menstrual needs affects feelings of stress and anxiety
- To explore the relationship between self-efficacy in addressing menstrual needs and educational participation
- To explore the relationship between self-efficacy in addressing menstrual needs and participation in social activities

Overview of Self-Efficacy in Addressing Menstrual Needs

Definition	“A girl’s beliefs in her capabilities to carry out the tasks required to address her menstrual needs.” ¹
Importance to Menstrual Health	Assessing self-efficacy in addressing menstrual needs may provide a more nuanced picture of girls’ menstrual experiences. Girls with lower self-efficacy in addressing their menstrual needs may be likely to experience greater stress and anxiety if they face a challenge when managing their menstruation. ² They may also be more likely to avoid challenging situations such as engaging in social activities or attending school while menstruating. ^{1,2}
Measurement Method	All questions: Self-reported by girls on an enumerator-administered survey
General Considerations	
Question Source	<p>SAMNS-26 Questions: Hunter EC, Murray SM, Sultana F, et al. Development and validation of the Self-Efficacy in Addressing Menstrual Needs Scale (SAMNS-26) in Bangladeshi schools: A measure of girls’ menstrual care confidence. <i>PLoS One</i>. 2022;17(10):e0275736. doi:10.1371/journal.pone.0275736</p> <p>C1-2: Hennegan J, Sol L. Confidence to manage menstruation at home and at school: findings from a cross-sectional survey of schoolgirls in rural Bangladesh. <i>Culture, Health & Sexuality</i>. 2020;22(2):146-165. doi:10.1080/13691058.2019.1580768</p>

Construct’s Main Use in the AMEHC Study			
Proximal Exposure for:	Distal Exposure for:	Covariate for:	Outcome for:
	Mental Health Social Participation		SRH

Included in the Following AMEHC Study Activities*					
Baseline Girls Survey	Baseline Guardians Survey	Baseline School Audit	Sub-cohort 1 Survey	Sub-cohort 2 Survey	Sub-cohort 3 Survey
X				X	
Wave 1 Survey	Wave 1 School Audit	Wave 2 Survey	Wave 2 Guardian Survey	Wave 2 School Audit	
X					

*Specific questions varied over different data collection activities according to study needs.

Self-Efficacy in Addressing Menstrual Needs Survey Questions in AMEHC

Question Number	Question	Response Options
<p>Instructions for SAMNS-26 Questions: My next questions ask about how confident you feel in managing your menstruation.</p> <p>Each of the following questions describes an activity related to menstruation. For each question, I want you to rate your current level of confidence (in other words, how sure are you) that you are able to do the task mentioned. To rate your level of confidence that you can do the task, use the scale provided by drawing a circle around a number from 0 to 100 where “0” means “No, I absolutely cannot do it” and 100 means “Yes, I am absolutely sure I can definitely do it.”</p>		
SAMN1	Imagine you are at a relative’s home and it becomes necessary to change the menstrual material you’re wearing (such as a pad, cloth, tissue, cotton, etc.). How confident are you that you can change it there?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN2	How confident are you that you can change your menstrual material (such as pad, cloth, tissue, cotton, etc.) at school if it becomes necessary (without leaving school)?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN3	How confident are you that you can change your menstrual material (such as pad, cloth, tissue, cotton, etc.) if it becomes necessary while you’re at a female friend’s house (without returning to your own home)?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN4	How confident are you that you can properly use a menstrual material (such as a pad, cloth, tissue, cotton, etc.) so that menstrual blood does not stain your clothing while participating in school sports?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100

SAMN5	How confident are you that you can participate in your normal daily activities during your period without worry that your menstrual material (such as pad, cloth, tissue, cotton, etc.) will become displaced?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN6	How confident are you that you can walk quickly during your period without your menstrual material (such as pad, cloth, tissue, cotton, etc.) becoming displaced?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN7	If the menstrual material that you use most often is not available, how confident are you that you can use another type of menstrual material (such as a pad, cloth, tissue, cotton, etc.) instead?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN8	How confident are you that you can lie down during your period without bloodstaining the bed sheet during the night?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN9	How confident are you that you are able to try to reduce abdominal pain during your period if it becomes necessary?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN10	How confident are you that you can reduce abdominal pain during your period?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100

SAMN11	How confident are you that you can dispose of a used menstrual material (such as a pad, cloth, tissue, cotton, etc.) if a male person is nearby?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN12	Take for instance that you are at school and your period starts but you have not brought your own menstrual material (such as a pad, cloth, tissue, cotton, etc.). How confident are you that you are able to obtain a menstrual material somehow in that moment to meet your needs while still at school?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN13	How confident are you that, if necessary, you're able to ask a female friend for a menstrual material (such as a pad, cloth, tissue, cotton, etc.)?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN14	How confident are you that you can get help from a female teacher if you face a menstrual-related problem at school?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN15	How confident are you that you can ask aya* for help regarding your menstruation if a male teacher is nearby?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN16	Imagine pads are available at school. How confident are you that you can go ask for a pad by yourself when you need it, without the help of friends?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100

SAMN17	Imagine you have the money to purchase a pad. How confident are you that you can ask a male seller at a pharmacy for a pad?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN18	Imagine you have the money to purchase a pad. How confident are you that you can ask a pharmacy seller for a pad when there are male persons around?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN19	How confident are you that you can roughly predict when your period is about to start?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN20	How confident are you that you are able to prevent bloodstaining your clothing even while traveling a long distance during your period?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN21	How confident are you that if Sir/Madam asks a question in class, you can stand up to answer during your period without worrying that you have bloodstained your clothing?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN22	How confident are you that when you need menstrual materials (such as pad, cloth, tissue, cotton, etc.) you can obtain them even if a trusted female (such as mother, sister, sister-in-law, etc.) is not available at home?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100

SAMN23	How confident are you that you can count/keep track of your period days?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN24	How confident are you that you can usually reduce your abdominal pain by a small amount?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN25	How confident are you that you can usually reduce most of your abdominal pain?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
SAMN26	How confident are you that you can usually reduce your abdominal pain completely?	<ul style="list-style-type: none"> • 0 • 20 • 40 • 60 • 80 • 100
<p>Instructions for C1-2: My next two questions ask about how confident you feel in managing your menstruation. Managing your menstruation means everything you need to do to take care of your body, like using a pad or cloth, changing your pad/cloth, and disposing or washing them.</p>		
C1	How confident do you feel that you can manage your menstruation [use a pad yourself, change your materials, dispose of them or wash and dry them] when you are at home ?	<ul style="list-style-type: none"> • Very unconfident • Unconfident • Confident • Very confident
C2	How confident do you feel in managing your menstruation during your school day ?	<ul style="list-style-type: none"> • Very unconfident • Unconfident • Confident • Very confident

References

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4. Sommer M, Zulaika G, Schmitt M, Gruer C. *Monitoring Menstrual Health and Hygiene: Measuring Progress for Girls on Menstruation*. Columbia University; 2019. https://menstrualhygieneday.org/wp-content/uploads/2019/08/green_paper_monitoring_menstrual_health_and_hygiene.pdf
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