

Social and Educational Participation Supplement

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Introduction

Participating in social and educational activities can help adolescents grow mentally, socially, and emotionally. In AMEHC we explore the impact that menstrual health has on girls' participation in their education and in broader social participation.

Social participation during menstruation is the act of attending and engaging in various activities and interactions with others in the community while experiencing menstruation.

Educational participation can be described as attending school and engaging in classroom activities while experiencing menstruation.

In AMEHC, we have a range of self-reported measures that capture menstrual-related school attendance and participation.

NOTE: We also capture school-register data and girls' performance on exams as key educational outcomes. These measures are not included in this supplement. More information is available in the relevant publications.

Reasons to include **social participation during menstruation** measures in your work:

- To describe the current level of social participation during menstruation that participants experience
- To test the impact of menstrual health experiences and unmet needs on social participation

Reasons to include **educational participation during menstruation** measures in your work:

- To describe the current level of educational participation during menstruation that participants experience
- To understand how menstrual health impacts on educational participation during menstruation, and the ways in which this in turn affects educational attainment.

Overview of Social Participation During Menstruation

Definition	Attending and engaging in various activities and interactions with others in the community while experiencing menstruation.
Importance to Menstrual Health	Decreased social participation in activities such as cooking or eating with others when menstruating, may indicate menstrual health resource constraints or unsupportive social environments. ¹ If girls lack sufficient materials to manage their menstruation, others may discover that they are menstruating. As a result, girls may experience shame or lack confidence about engaging in social activities. Social norms or social environments may also pressure girls to forgo some social activities or remain secluded while menstruating. ¹
Measurement Method	All questions: Self-reported by girls on an enumerator-administered survey
General Considerations	
Question Source	EP6: Joint Monitoring Programme. <i>Multiple Indicator Cluster Surveys: Individual Women’s Questionnaire</i> . UNICEF; 2017. Accessed March 11, 2024. https://washdata.org/unicef-multiple-indicator-cluster-surveys-mics A1: Hennegan, J., Caruso, B. A., Zulaika, G., Torondel, B., Haver, J., Phillips-Howard, P. A., ... & Sommer, M. (2023). Indicators for national and global monitoring of girls' menstrual health and hygiene: development of a priority shortlist. <i>Journal of Adolescent Health, 73</i> (6), 992-1001.

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

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					
Wave 1 Survey	Wave 1 School Audit	Wave 2 Survey	Wave 2 Guardian Survey	Wave 2 School Audit	
X		X			

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

Social Participation During Menstruation Survey Questions in AMEHC

Question Number	Question	Response Options
EP6	During your most recent menstrual period, did you have trouble participating in any of the following other activities due to your period?	<ul style="list-style-type: none"> • Participating in social activities [0/1] • Cooking food [0/1] • Eating with others [0/1] • Bathing in your regular place [0/1] • None of the above [0/1]
A1	What do you think, does getting your period impact your day? (back-translation: regular/daily activities, mental condition) <i>Read response options</i>	<ul style="list-style-type: none"> • No • Yes

Overview of Educational Participation During Menstruation

Definition	Attending school and engaging in classroom activities while experiencing menstruation.
Importance to Menstrual Health	Decreased participation in school when menstruating may indicate menstrual health resource constraints, unsupportive social environments, or unsupportive WASH facilities at school. ¹ If girls lack sufficient materials to manage their menstruation, others may discover that they are menstruating. As a result, girls may experience teasing from peers or lack confidence about going to school. ¹ If toilets at schools are also unclean or do not have the necessary infrastructure for girls to manage their menstruation at school, they may go home throughout the day or stay at home to manage their menstruation in a more private, comfortable environment. ^{1,2} S
Measurement Method	All questions: Self-reported by girls on an enumerator-administered survey
General Considerations	
Question Source	<p>MPQ_school: Hennegan J, Nansubuga A, Akullo A, Smith C, Schwab KJ. The Menstrual Practices Questionnaire (MPQ): development, elaboration, and implications for future research. <i>Global Health Action</i>. 2020;13(1):1829402. doi:10.1080/16549716.2020.1829402</p> <p>EP1: Hennegan, J., Bukenya, J. N., Makumbi, F. E., Nakamya, P., Exum, N. G., Schwab, K. J., & Kibira, S. P. (2022). Menstrual health challenges in the workplace and consequences for women’s work and wellbeing: a cross-sectional survey in Mukono, Uganda. <i>PLOS Global Public Health</i>, 2(7), e0000589.</p> <p>EP5: Hennegan, J., Caruso, B. A., Zulaika, G., Torondel, B., Haver, J., Phillips-Howard, P. A., ... & Sommer, M. (2023). Indicators for national and global monitoring of girls' menstrual health and hygiene: development of a priority shortlist. <i>Journal of Adolescent Health</i>, 73(6), 992-1001.</p>

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

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	X	X

Wave 1 Survey	Wave 1 School Audit	Wave 2 Survey	Wave 2 Guardian Survey	Wave 2 School Audit	
X		X			

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

Educational Participation During Menstruation Survey Questions in
AMEHC

Question Number	Question	Response Options
MPQ_school	<p>Did you attend any school during your most recent period?</p> <p><i>If not, when was the last time you attended school during your period?</i></p> <p><i>If attended school during menstruation in the past 6 months, then ask the respondent to answer for the most recent period she had at school and indicate the time period answers correspond to this question.</i></p> <p><i>If she did not attend school during menstruation during the last 6 months, then the school questions will be skipped</i></p>	<ul style="list-style-type: none"> • Yes, the participant attended some/any school during their last period. • The participant attended no school during the last period, answers correspond to a period within the past 3 months. • The participant attended no school during the last period, answers correspond to a period within the past 6 months. • The participant did not attend school during menstruation during the past 6 months (questions will be skipped)
EP1	Would you prefer to miss school during your menstrual period?	<ul style="list-style-type: none"> • No • Yes
EP2	During the past month, how many days did you miss school for any reason except when school was closed or for holidays?	<ul style="list-style-type: none"> • None • 1-2 days • 3-5 days • More than 5 days
EP4	Did you miss any school due to your most recent menstrual period (even if it was not a full day)?	<ul style="list-style-type: none"> • No • Yes • Not applicable
EP4_cat	How much time did you lose?	<ul style="list-style-type: none"> • Less than one hour • A few hours • Half a day • One day • Two days • Three days • Four days • More than four days

EP5	During your most recent period, did you have trouble participating in class due to your period?	<ul style="list-style-type: none">• No• Yes
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References

1. Hennegan J, Shannon AK, Rubli J, Schwab KJ, Melendez-Torres GJ. Women's and girls' experiences of menstruation in low- and middle-income countries: A systematic review and qualitative metasynthesis. Myers JE, ed. *PLoS Med*. 2019;16(5):e1002803. doi:10.1371/journal.pmed.1002803
2. Sahiledengle B, Atlaw D, Kumie A, Tekalegn Y, Woldeyohannes D, Agho KE. Menstrual hygiene practice among adolescent girls in Ethiopia: A systematic review and meta-analysis. Ravindran B, ed. *PLoS ONE*. 2022;17(1):e0262295. doi:10.1371/journal.pone.0262295