



The Menstrual Practice Needs Scale (MPNS-36)

Self-completed Version

You do not need permission to use the MPNS, as long as you cite the scale in your report. Hennegan, J., Nansubuga, A., Smith, C., Redshaw, M., Akullo, A., & Schwab, K.J. (2020). Measuring menstrual hygiene experience: Development and validation of the Menstrual Practice Needs Scale (MPNS-36) in Soroti, Uganda. *BMJ Open*, 10, e034461. <http://dx.doi.org/10.1136/bmjopen-2019-034461>

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

Next, you will read a set of statements asking about your experiences menstruating at home. You will then read the same statements about your experience at school [work/away from home]. Please think about your experience in each location.

At home, during my most recent period...		Never	Sometimes	Often	Always
16	When at home, I was able to change my menstrual materials <u>when</u> I wanted to	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

17	When at home, I was satisfied with the place I used to change my menstrual materials	Never	Sometimes	Often	Always
18	When at home, I had a clean place to change my menstrual materials	Never	Sometimes	Often	Always
19	When at home, I worried that I would not be able to change my menstrual materials <u>when</u> I needed to	Never	Sometimes	Often	Always
20	When at home, I worried that someone would see me while I was changing my menstrual materials	Never	Sometimes	Often	Always
21	When at home, I worried that <u>someone</u> would harm me while I was changing my menstrual materials	Never	Sometimes	Often	Always
22	When at home, I worried that <u>something else</u> would harm me while I was changing my menstrual materials (e.g., animals, insects, unsafe structure)	Never	Sometimes	Often	Always

At school [work/away from home] during my last menstrual period ...

23	When at school, I was able to change my menstrual materials <u>when</u> I wanted to	Never	Sometimes	Often	Always	N/A
24	When at school, I was satisfied with the places available at my school/workplace to change my menstrual materials (eg., it had what I needed)	Never	Sometimes	Often	Always	N/A
25	When at school, I had a clean place to change my menstrual materials	Never	Sometimes	Often	Always	N/A
26	When at school, I worried that I would not be able to change my menstrual materials when I needed to	Never	Sometimes	Often	Always	N/A
27	When at school, I worried that someone would see me while I was changing my menstrual materials	Never	Sometimes	Often	Always	N/A
28	When at school, I worried that <u>someone</u> would harm me while I was changing my menstrual materials	Never	Sometimes	Often	Always	N/A

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

29	I had enough water to soak or wash my menstrual material	Never	Sometimes	Often	Always	N/A
30	I had access to a basin to soak or wash my menstrual materials whenever I needed it	Never	Sometimes	Often	Always	N/A
31	I was able to wash my menstrual materials <u>when</u> I wanted to	Never	Sometimes	Often	Always	N/A
32	I had enough soap (detergent, laundry powder, detol) to wash my menstrual materials	Never	Sometimes	Often	Always	N/A
33	I was able to dry my materials <u>when</u> I wanted to	Never	Sometimes	Often	Always	N/A
34	I worried that someone would see me while I was washing my menstrual materials	Never	Sometimes	Often	Always	N/A
35	I worried that my menstrual materials would not be dry when I needed them	Never	Sometimes	Often	Always	N/A
36	I worried that others would see my menstrual materials while they were drying	Never	Sometimes	Often	Always	N/A



Response options

- It may be helpful to substitute “Sometimes” for “Less than half the time” and “Often” for “More than half the time”.
- A short pre-survey activity is available to familiarise respondents with the response options. It is highly recommended to do the pre-activity before conducting the MPNS. Available on the website [Training](#) page.

Filtering and eligibility

Not all MPNS items may be relevant to all respondents. Applicable items may vary based on an individual’s menstrual materials (eg., if they were reused), or locations where menstruation occurred. The scale can be completed more easily if respondents are only presented the items that are relevant to them. This can be done using prior survey questions to test eligibility and filter MPNS items.

The provided eligibility questions work when the survey is delivered electronically, or by and enumerator. “Not applicable” may be incorporated as a response option if filtering questions are not used, or if a respondent is self-completing a paper survey.

Disposal	
Did you dispose of (throw away) any menstrual materials during your last period? *note: includes single-use materials and reusable materials at the end of their life	<ul style="list-style-type: none"> • Yes • No [If No, the respondent should skip MPNS12-15]

School attendance	
Did you attend any school/work during your menstrual period in the past six months?	<ul style="list-style-type: none"> • Yes [skip next question] • No [ask next question]
If no, “Did you attend any school/work during your last period in the past three or six months?”	<ul style="list-style-type: none"> • Yes, 3 or 6 months • No [If no, respondent should skip MPNS items 23-28]

Changing at school/work/away from home	
The last time you attended school during your menstrual period, did you ever change your menstrual materials at school? * note this question should only be asked of respondents who attended school during menstruation in the past 6-months.	<ul style="list-style-type: none"> • Yes • No [If No, the respondent should skip or respond ‘not applicable’ to MPNS 26-28]

Reusing	
Did you wash and reuse any menstrual materials during your last period?	<ul style="list-style-type: none"> • Yes • No [If No, the respondent should not answer MPNS 29 -36]



MPNS-36 Guidance

Scoring

The table to the right shows the score for each item. **Note** that the scale includes reverse scoring for some sub-scales. Use the table and the information below to calculate the total score, or individual sub-scale scores.

Total Score:

The MPNS-36 total score is calculated as the mean (average) across all answered items. Add up the points then divide by the number of items answered.

Sub-scale score:

Individual sub-scale scores can also be calculated for the MPNS-36, using the same method as the total score. Add the points for an individual sub-scale, and divide by the number of answered items in that sub-scale (ie: material and reliability concerns has 3 items if a respondent has not missed any items).

For more information about scoring the MPNS, including handling missing data, interpreting scores, and generating categories of need using thresholds, please see the [MPNS User Guide](#).

Never	Sometimes	Often	Always
<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

Material and home environment needs	Mean score of items			
MPNS Item 1	0	1	2	3
MPNS Item 2	0	1	2	3
MPNS Item 3	0	1	2	3
MPNS Item 4	0	1	2	3
MPNS Item 10	0	1	2	3
MPNS Item 11	0	1	2	3
MPNS Item 12	0	1	2	3
MPNS Item 13	0	1	2	3
MPNS Item 16	0	1	2	3
MPNS Item 17	0	1	2	3
MPNS Item 18	0	1	2	3
Transport and school environment needs	Mean score of items			
MPNS Item 8	0	1	2	3
MPNS Item 9	0	1	2	3
MPNS Item 23	0	1	2	3
MPNS Item 24	0	1	2	3
MPNS Item 25	0	1	2	3
Material and reliability concerns	Mean score of items			
MPNS Item 5	3	2	1	0
MPNS Item 6	3	2	1	0
MPNS Item 7	3	2	1	0
Change and disposal insecurity	Mean score of items			
MPNS Item 14	3	2	1	0
MPNS Item 15	3	2	1	0
MPNS Item 19	3	2	1	0
MPNS Item 20	3	2	1	0
MPNS Item 21	3	2	1	0
MPNS Item 22	3	2	1	0
MPNS Item 26	3	2	1	0
MPNS Item 27	3	2	1	0
MPNS Item 28	3	2	1	0
<i>Those reusing materials</i> Reuse needs	Mean score of items			
MPNS Item 29	0	1	2	3
MPNS Item 30	0	1	2	3
MPNS Item 31	0	1	2	3
MPNS Item 32	0	1	2	3
MPNS Item 33	0	1	2	3
Reuse insecurity	Mean score of items			
MPNS Item 34	3	2	1	0
MPNS Item 35	3	2	1	0
MPNS Item 36	3	2	1	0
Total score	Mean score of all answered items			



Scoring for adult populations

The table to the right shows the score for each item. **Note** that the scale includes reverse scoring for some sub-scales. Use the table and the information below to calculate the total score, or individual sub-scale scores.

Total Score:

The MPNS-adult version contains 28 items). The total score is calculated as the mean (average) across all answered items. Add up the points then divide by the number of items answered.

Sub-scale score:

Individual sub-scale scores can also be calculated for the MPNS-adult version, using the same method as the total score. Add the points for an individual sub-scale, and divide by the number of answered items in that sub-scale (ie: material and reliability concerns has 3 items if a respondent has not missed any items).

For more information about scoring the MPNS, including handling missing data, interpreting scores, and generating categories of need using thresholds, please see the [MPNS User Guide](#).

	Never	Sometimes	Often	Always
Material and home environment needs	Mean score of items			
MPNS Item 1	0	1	2	3
MPNS Item 2	0	1	2	3
MPNS Item 3	0	1	2	3
MPNS Item 4	0	1	2	3
MPNS Item 10	0	1	2	3
MPNS Item 17	0	1	2	3
Material and home environment insecurity	Mean score of items			
MPNS Item 5	3	2	1	0
MPNS Item 6	3	2	1	0
MPNS Item 19	3	2	1	0
MPNS Item 20	3	2	1	0
MPNS Item 21	3	2	1	0
MPNS Item 22	3	2	1	0
Disposal needs	Mean score of items			
MPNS Item 12	0	1	2	3
MPNS Item 14	3	2	1	0
MPNS Item 15	3	2	1	0
Work practice needs	Mean score of items			
MPNS Item 9	0	1	2	3
MPNS Item 23	0	1	2	3
MPNS Item 24	0	1	2	3
MPNS Item 26	3	2	1	0
MPNS Item 27	3	2	1	0
MPNS Item 28	3	2	1	0
<i>Those reusing materials</i>	Mean score of items			
Reuse needs	Mean score of items			
MPNS Item 29	0	1	2	3
MPNS Item 31	0	1	2	3
MPNS Item 32	0	1	2	3
MPNS Item 33	0	1	2	3
Reuse insecurity	Mean score of items			
MPNS Item 34	3	2	1	0
MPNS Item 35	3	2	1	0
MPNS Item 36	3	2	1	0
Total score	Mean score of all answered items			