



The Menstrual Practice Needs Scale Rapid (MPNS-R) Self-completed Version

You do not need permission to use the MPNS, as long as you cite the scale in your report.

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During my last menstrual period ...

1	I had enough of my menstrual materials to change them as often as I wanted to	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	
2	I was worried that my menstrual materials would allow blood to pass through to my outer garments	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	
3	I was able to dispose of my used materials in the way that I wanted to	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>

When at home during my last menstrual period ...

4	I was satisfied with the place I used to change my menstrual materials (eg., it was clean, safe and had what I needed)	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	
5	I was worried that someone would see me while I was changing my menstrual materials	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	

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

6	I was able to change my menstrual materials <u>when</u> I wanted to	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>
7	I was worried that someone would see me while I was changing my menstrual materials	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>

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

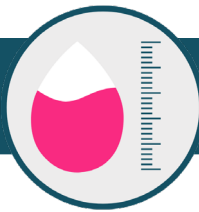
8	I had enough water and soap (detergent, laundry powder, detol) to soak or wash my menstrual material	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>
9	I was worried that others would see my menstrual materials while they were drying	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>



MPNS-R Guidance

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 on our website to familiarise respondents with the response options. It is highly recommended to do the pre-activity before conducting the MPNS.



Scoring

The table to the right shows the score for each item. **Note** that the scale includes reverse scoring for some items (highlighted in grey). Use the table and the information below to calculate the total score.

Total Score:

The MPNS-R total score is calculated as the mean (average) across all answered items. Add up the points then divide by the number of items answered. The MPNS-R does not have individual sub-scales.

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"/>
Mean score of items				
MPNS-R Item 1	0	1	2	3
MPNS-R Item 2	3	2	1	0
MPNS-R Item 3	0	1	2	3
MPNS-R Item 4	0	1	2	3
MPNS-R Item 5	3	2	1	0
MPNS-R Item 6	0	1	2	3
MPNS-R Item 7	3	2	1	0
MPNS-R Item 8	0	1	2	3
MPNS-R Item 9	3	2	1	0
Total score	Mean score of all answered items			

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 MPNS 3]
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 6-7]
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 7]
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 8 -9]