



# The Menstrual Practice Needs Scale Short Form (MPNS-SF) Interview 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 your last menstrual period ...

	Never	Sometimes	Often	Always	
1	Were your menstrual materials comfortable?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
2	Did you have enough of menstrual materials to change them as often as you wanted to?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
3	Were you worried that your menstrual materials would allow blood to pass through to your outer garments?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
4	Were you worried about how you would get more of your menstrual material if you ran out?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
5	Were you able to dispose of your used materials in the way that you wanted to?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
6	Were you concerned that others would see your used menstrual materials in the place you disposed of them?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

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

## At home during your last menstrual period ...

	Never	Sometimes	Often	Always	
7	When at home, were you able to change your menstrual materials <u>when</u> you wanted to?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
8	When at home, were you satisfied with the place you used to change your menstrual materials? eg., it was clean and had what you needed)	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
9	When at home, were you worried that someone would see you while you were changing your menstrual materials?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
10	When at home, were you worried that <u>someone</u> would harm you while you were changing your menstrual materials?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

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

	Never	Sometimes	Often	Always	N/A
11	When at school, were you able to change your menstrual materials <u>when</u> you wanted to?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
12	When at school, were you satisfied with the places available at your school/workplace to change your menstrual materials? (eg., it was clean and had what you needed)	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
13	When at school, were you worried that someone would see you while you were changing your menstrual materials	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
14	When at school, were you worried that <u>someone</u> would harm you while you were changing your menstrual materials?	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

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

15	Did you have enough water and soap (detergent, laundry powder, detol) to soak or wash your 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"/>
16	Were you able to wash your menstrual materials when you 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"/>
17	Were you worried that your menstrual materials would not be dry when you needed them?	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>	N/A <input type="radio"/>
18	Were you worried that others would see your 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-SF 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-SF 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-SF, using the same method as the total score. Add the points for a individual sub-scale, and divide by the number of items in that sub-scale (ie: material and reliability concerns has 2 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 <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
<b>Material and home environment needs</b>	Mean score of items			
MPNS-SF Item 1	0	1	2	3
MPNS-SF Item 2	0	1	2	3
MPNS-SF Item 5	0	1	2	3
MPNS-SF Item 7	0	1	2	3
MPNS-SF Item 8	0	1	2	3
<b>School environment needs</b>	Mean score of items			
MPNS-SF Item 11	0	1	2	3
MPNS-SF Item 12	0	1	2	3
<b>Material and reliability concerns</b>	Mean score of items			
MPNS-SF Item 3	3	2	1	0
MPNS-SF Item 4	3	2	1	0
<b>Change and disposal insecurity</b>	Mean score of items			
MPNS-SF Item 6	3	2	1	0
MPNS-SF Item 9	3	2	1	0
MPNS-SF Item 10	3	2	1	0
MPNS-SF Item 13	3	2	1	0
MPNS-SF Item 14	3	2	1	0
<b>Those reusing materials -Reuse needs</b>	Mean score of items			
MPNS-SF Item 15	0	1	2	3
MPNS-SF Item 16	0	1	2	3
<b>Reuse insecurity</b>	Mean score of items			
MPNS-SF Item 17	3	2	1	0
MPNS-SF Item 18	3	2	1	0
<b>Total score</b>	Mean score of all answered items			



## 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 “implementation” page.

## Filtering and eligibility

Not all MPNS items may be relevant to all respondents. Applicable items may vary based on an individuals’ 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	
<p>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</p>	<ul style="list-style-type: none"> <li>• Yes</li> <li>• No [If No, the respondent should skip MPNS 5-6]</li> </ul>

School attendance	
<p>Did you attend any school/work during your menstrual period in the past six months?</p>	<ul style="list-style-type: none"> <li>• Yes [skip next question]</li> <li>• No [ask next question]</li> </ul>
<p>If no, “Did you attend any school/work during your last period in the past three or six months?”</p>	<ul style="list-style-type: none"> <li>• Yes, 3 or 6 months</li> <li>• No [If no, respondent should skip MPNS items 11-14]</li> </ul>

Changing at school/work/away from home	
<p>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.</p>	<ul style="list-style-type: none"> <li>• Yes</li> <li>• No [If No, the respondent should skip or respond ‘not applicable’ to MPNS 13-14]</li> </ul>

Reusing	
<p>Did you wash and reuse any menstrual materials during your last period?</p>	<ul style="list-style-type: none"> <li>• Yes</li> <li>• No [If No, the respondent should not answer MPNS 15-18]</li> </ul>