



The Menstrual Practice Needs Scale Short Form (MPNS-SF) 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 ...

	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 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"/>	
4 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"/>	
5 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
6 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 last menstrual period ...

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

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

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

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

15	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"/>
16	I was able to wash 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"/>
17	I worried that my menstrual materials would not be dry when I 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	I 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-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"/>
Material and home environment needs	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
School environment needs	Mean score of items			
MPNS-SF Item 11	0	1	2	3
MPNS-SF Item 12	0	1	2	3
Material and reliability concerns	Mean score of items			
MPNS-SF Item 3	3	2	1	0
MPNS-SF Item 4	3	2	1	0
Change and disposal insecurity	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
Those reusing materials -Reuse needs	Mean score of items			
MPNS-SF Item 15	0	1	2	3
MPNS-SF Item 16	0	1	2	3
Reuse insecurity	Mean score of items			
MPNS-SF Item 17	3	2	1	0
MPNS-SF Item 18	3	2	1	0
Total score	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 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	
<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"> • Yes • No [If No, the respondent should skip MPNS 5-6]

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"> • Yes [skip next question] • No [ask next question]
<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"> • Yes, 3 or 6 months • No [If no, respondent should skip MPNS items 11-14]

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"> • Yes • No [If No, the respondent should skip or respond ‘not applicable’ to MPNS 13-14]

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