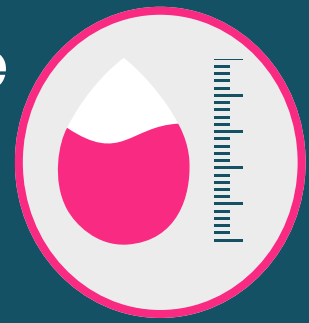


The Menstrual Practice Needs Scale (MPNS)



Pre-Survey Activity

Aim: Enumerators do the pre-survey activity with respondents to help familiarize them with the 4-point response options. Also helps to “break the ice” and build rapport by beginning the interview with simple questions and answers.

When to use: It is highly recommended to do the ‘pre-activity’ before conducting the MPNS. Ensuring respondents are familiar with the response options will support the faster administration of the items themselves, and more accurate responses.

Time: 10 mins

Steps:

- Enumerators read the below script with the respondents, before start the MPNS questions.

Script (examples should be updated for context):

Enumerator: Now I am going to ask you about your experience of managing your period. Women and girls have different preferences and concerns about caring for their body during menstruation.

I am going to read a series of questions about different experiences that might apply to you.

I will ask how often this applied to you during your most recent menstrual period. For each question, I’ll ask if this applied to you: **never, some of the time, most of the time or always.**

Let’s do an example... “Over the past month, did you have rice with lunch?”
[Never, some of the time, most of the time, always]

Great, let’s try another one... “Over the past week, how often did you have street food (e.g., chapati, fushka)?”
[Never, some of the time, most of the time, always]

Great. So now let’s think back to your most recent menstrual period. I’m going to ask you each of the questions and I want you to think about how often these applied to you. [Begin to ask the MPNS questions].

Pre-Survey Activity - Enumerator practice



Aim: Enumerators practice the pre-survey activity to feel confident to do the pre-survey activity with respondents.

- Questions are framed to practice the middle response options.

When to use: This activity should be undertaken as part of all MPNS training.

Time: 10 mins

Steps:

- Break the group into pairs
- Choose 2-3 questions from the below script, that are relevant for your context (or create your own simple questions).
- Ask each pair to take turns to read the script below as interviewer and respondent.

Script (examples should be updated for context):

Enumerator: I am going to ask you about your experience of managing your period. Women and girls have different preferences and concerns about caring for their body during menstruation. I am going to read a series of questions about different experiences that might apply to you. I will ask how often this applied to you during your most recent menstrual period. For each question, I'll ask if this applied to you: 1 never, 2 some of the time, 3 most of the time, 4 always.

Let's do an example...

1. "Over the past month, did you have rice with lunch?" [Likely answer "always" or "often"]
2. "Over the past week, did you eat street food?" [Likely answer "often" or "sometimes"]
3. "In the last week, did you meet friends outside of school?" [Likely answer "always" or "often"]
4. "In the last week, did you stay awake past 11pm?" [Likely answer "any"]
5. "During the last month, how often did you use the internet?" [Likely answer "any"]

Now think back to your most recent menstrual period [Begin to ask the MPNS questions].