



# The Menstrual Practice Needs Scale (MPNS)

## Version selection

There are several versions of the MPNS available. Use the table below to help you select the most suitable version for your project.

Measure	Age-group validation	What it offers	Best for
<b>MPNS-36</b>	Adolescents	Provides the most comprehensive assessment of menstrual management experiences and needs. Individual items provide unique insights into the areas of greatest challenge and need for the individual or population.	<ul style="list-style-type: none"> <li>Needs assessment and research in new settings</li> <li>Programme evaluation and observational research where survey length is available</li> </ul>
<b>MPNS-36 (adults)</b> Note: the scale was reduced to 28 items for adults.	Adult working women (capturing experiences at home and at work)	The total score provides the greatest explanatory power across versions of the MPNS.	
<b>MPNS-SF</b>	Adolescent girls * this measure has not yet been investigated among adults	Halves the length of the MPNS-36, while continuing to provide the same valid sub-scale scores. We have found that the sub-scale and total scores reflect the relationships observed for the full scale MPNS-36, with slight attenuation. Provides balance in reducing the MPNS-36 items while maintaining insights from individual items and sub-scales. Note that concepts related to transporting and storing menstrual materials are lost in the short form.	<ul style="list-style-type: none"> <li>Trials or programme evaluations with multiple outcomes</li> <li>Observational studies: research to understand menstrual health risk factors or consequences of poor menstrual health</li> </ul>
<b>MPNS-R</b>	Adolescent girls Adults* *based on past research we anticipate the total score generated from the Rapid form will be appropriate for adults.	Provides a rapid assessment of menstrual practice experiences and needs that can be used when survey space is highly limited. The Rapid form no longer offers valid sub-scales. The total score and individual items offer insights. The rapid form maintains relationships with related concepts, but with some attenuation of explanatory power from the MPNS-36 and MPNS-SF	<ul style="list-style-type: none"> <li>Data collection in which menstrual health is not the primary focus, such as studies of water, sanitation, and hygiene (WASH) or sexual and reproductive health (SRH).</li> </ul>