

## The Menstrual Practice Needs Scale (MPNS-36)

### [Ateso Translation]

For more information see [www.menstrualpracticemeasures.org](http://www.menstrualpracticemeasures.org) or the citation below.

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It may be helpful to substitute “less than half the time” for sometimes and “more than half the time” for often.

During my last menstrual period....					
		Never	Sometimes	Often	Always
1	My menstrual materials were comfortable <b>Ainakitos eong iboro lu etosomai eong ainapakina</b>	○	◐	◑	●
2	I had enough of my menstrual materials to change them as often as I wanted to <b>Ajatatar eong kede iboro lu adolitos, ido apedori eong aijulakin esawa lo akotor eong</b>	○	◐	◑	●
3	I was satisfied with the cleanliness of my menstrual materials <b>Eyalama eong kede epone lo alatar ika boro lu etosomai eong</b>	○	◐	◑	●
4	I could get more of my menstrual materials when I needed to <b>Apedorit eong adumun iboro lu tosoma ne akotor eong</b>	○	◐	◑	●
5	I worried that my menstrual materials would allow blood to pass through to my outer garments <b>Akuriana eong ebe iboro lu etosomai eong mam epedorete aitikokin awokot aipelun oguwe ka</b>	○	◐	◑	●
6	I worried that my menstrual materials would move from place while I was wearing them <b>Akuriana eong ebe iboro lu etosomai eong epedorete airi kosodi acakun</b>	○	◐	◑	●
7	I worried about how I would get more of my menstrual material if I ran out <b>Eyalongongo eong kanu epone lo adumun iboro lu tosoma arai edaunos lu ejasi</b>	○	◐	◑	●
8	I felt comfortable carrying spare menstrual materials with me outside my home <b>Apupi eong ailajara atingit ika boro ne amameyor eong ore</b>	○	◐	◑	●
9	I felt comfortable carrying menstrual materials to the place where I changed them <b>Apupi eong ailajara atingit akaboro paka aboisit na abeitor eong aijulakin kes</b>	○	◐	◑	●

10	I felt comfortable storing my menstrual materials until my next period <b>Apupi eong ailajara aingada ika iboro toni bobo ne adumuna eong adeke na elap</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
11	I was able to wash my hands <u>when</u> I wanted to <b>Abu eong apedo ailot aka akanin ne akotor eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
12	I was able to immediately dispose of my used menstrual materials <b>Apedorit eong katipet acakar ika iboro lu etosomat eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
13	I was able to dispose of my used materials in the way that I wanted to <b>Apedorit eong acakar iboro lu etosomat eong kopone kalo akotor eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
14	I worried about where to dispose of my used menstrual materials <b>Eyalongongo eong ne cakakina iboro lu etosomat eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
15	I was concerned that others would see my used menstrual materials in the place I disposed of them <b>Apodonokin eong ebe ewanyunete itunga ikaboro lu etosomat eong kane acakakit eong kes</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
<b>At home during my last menstrual period...</b>					
16	When at home, I was able to change my menstrual materials <u>when</u> I wanted to <b>Ne ajar eong ore apedori eong aijulanakin akaboro ka akotor eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
17	When at home, I was satisfied with the place I used to change my menstrual materials <b>Ne ajar eong ore eyalama eong kede aboisit na ejulanakina eong iboro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
18	When at home, I had a clean place to change my menstrual materials <b>Ne ajar eong ore ajai eong aboisit na alai kanu aijulanakin ika iboro</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
19	When at home, I worried that I would not be able to change my menstrual materials <u>when</u> I needed to <b>Ne ajar eong ore eyalongongo eong ebe mam eong apedori aijulanakin ika iboro lu etosomai eong ne akotor eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
20	When at home, I worried that someone would see me while I was changing my menstrual materials <b>Ne ajar eong ore eyalongongo eong bala apedori ice itunganawanyun eong ejuli ika boro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>
21	When at home, I worried that someone would harm me while I was changing my menstrual materials	Never <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Always <input type="radio"/>

22	When at home, I worried that something else would harm me while I was changing my menstrual materials (e.g., animals, insects, unsafe structure) <b>Ne ajar eong ore eyalongongo eong ebe emina ice itunganan aikangas eong ne ejulakina eong iboro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
<b>At school [work/away from home] during my last menstrual period...</b>					
23	When at school, I was able to change my menstrual materials <u>when</u> I wanted to <b>Ne ajar eong osomero apedori eong aijulanakin akaboro ka akotor eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
24	When at school, I was satisfied with the place I used to change my menstrual materials <b>Ne ajar eong osomero eyalama eong kede aboisit na ejulanakina eong iboro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
25	When at school, I had a clean place to change my menstrual materials <b>Ne ajar eong osomero ajai eong aboisit na alai kanu aijulanakin ika iboro</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
26	When at school, I worried that I would not be able to change my menstrual materials when I needed to <b>Ne ajar eong osomero eyalongongo eong ebe mam eong apedori aijulanakin ika iboro lu etosomai eong ne akotor eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
27	When at school, I worried that someone would see me while I was changing my menstrual materials <b>Ne ajar eong osomero eyalongongo eong bala apedori ice itunganan awanyun eong ejuli ika boro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
28	When at school, I worried that someone would harm me while I was changing my menstrual materials <b>Ne ajar eong osomero eyalongongo eong ebe emina ice itunganan aikangas eong ne ejulakina eong iboro lu etosomai eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>

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

<b>During my last menstrual period...</b>					
29	I had enough water to soak or wash my menstrual material <b>Ajatatar eong akipi nu edolitos kanu aitabaikin kede ailot ikaboro</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
30	I had access to a basin to soak or wash my menstrual materials whenever I needed it <b>Apatanikit eong adumun akalaya ne akotor eong aitaba kede ailot ikaboro ne akotor eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>
31	I was able to wash my menstrual materials <u>when</u> I wanted to <b>Apedorit eong ailot ikaboro ne akotor eong</b>	Never <input type="radio"/>	Sometimes <input checked="" type="radio"/>	Often <input checked="" type="radio"/>	Always <input checked="" type="radio"/>

	Never	Sometimes	Often	Always
32 I had enough soap to wash my menstrual materials <b>Ajai eong asabunyu na adolit ailosia ikaboro</b>	○	◐	◑	●
33 I was able to dry my materials <u>when</u> I wanted to <b>Apedorit eong ailo ika boro kwape akotor eong</b>	○	◐	◑	●
34 I worried that someone would see me while I was washing my menstrual materials <b>Eyalogongo eong bala awanyuni eong ice itunganan elosi eong ikaboro</b>	○	◐	◑	●
35 I worried that my menstrual materials would not be dry when I needed them <b>Eyalongogo eong ebe mam ikaboro epedorete aokere ne akotor eong Kes</b>	○	◐	◑	●
36 I worried that others would see my menstrual materials while they were drying <b>Eyalongogo eong ebe epedorete ice itunga awaunyun ika iboro ne aloikitor eong</b>	○	◐	◑	●

