

APPENDIX 1

Name of your School _____
Questionnaire Identification Number _____

No	Socio-Demographic Variables	
	Instruction: circle the responses or write the appropriate answer in the space provided	
Q1	What was your age at your last birthday?	_____ Complete years
Q2	Religion	1. Christian [] 2. Muslim [] 3. Traditionalist [] 4. Other (specify) _____
Q3	At what age did you have your first menstrual period	_____ Years
Q4	Does your family have a TV or/and radio?	1. Yes 2. No
Q5	What is the occupation of your father/male guardian?	1. Tailor 2. Trader 3. Farmer 4. Daily labourer 5. Formal sector employee 6. Unemployed 7. Other (specify) _____
Q6	What is the occupation of your mother/female guardian?	1. Tailor 2. Trader 3. Farmer 4. Daily labourer 5. Formal sector employee 6. Unemployed 7. Other (specify) _____
Q7	What is the education level of your father/male guardian?	1. No education [] 2. Basic [] 3. Secondary [] 4. Tertiary []
Q8	What is the education level of your mother/female guardian?	1. No education [] 2. Basic [] 3. Secondary [] 4. Tertiary []

No	Menstrual Knowledge Instruction: circle the responses or write the appropriate answer in the space provided	
Q9	Menstruation is a...	1. Normal healthy process in girls and women 2. Not a normal healthy process in girls and women 3. Other (Specify) _____
Q10	Menstrual blood comes from which body part?	1. Abdomen 2. Bladder 3. Vagina 4. Womb (uterus) 5. Other (Specify)_____
Q11	At what age, do you think most girls usually get their first period?	a. _____ years b. Don't know
Q12	How many days should a girl's menstrual bleeding last?	a. _____ Days b. Don't know
Q13	What is the length of the menstrual cycle?	a. _____ Days b. Don't know
Q14	Did anyone tell you about menstruation before you started menstruating?	1. Yes 2. No
Q15	If your response to No.15 is yes, from whom did you first learn about menstruation? (More than one answer is possible)	1. Mother 2. Teacher 3. Friends 4. Books 5. Media (TV, Radio) 6. Relatives (Aunt, grandmother, sister etc) 7. Others (Specify)_____
Q16	What kinds of foods should be avoided during periods?	1. Sugary foods 2. Oily foods 3. Milk products 4. No food restrictions 5. Meats 6. Eggs 7. Snails 5. Others (specify)_____

Menstrual hygiene management materials					
Instruction: circle the responses or write the appropriate answer in the space provided					
Q17	What absorbent materials do you frequently use during menstruation? (More than one answer is possible)	1. Reusable cloth pad 2. Disposable sanitary pad 3. Disposable rag or piece of Cloth 4. Cotton wool 5. Underwear/pant 6. Toilet paper 7. Paper (newspaper, pages from books) 8. Other (specify)_____			
Q18	What influences your choice of menstrual absorbent materials?	1. Comfort 2. Safety 3. Cost 4. Availability 5. Ease of disposal 6. Ease of re-use 7. Other (specify)_____			
Q19	Are sanitary pads available for sale in the shops in your town?	1. Yes 2. No 3. Don't know			
Q20	Have you bought disposable sanitary pads from a shop in the last two months?	1. Yes 2. No			
Q21	If no, why have you not bought some?	1. I still have some pads 2. I don't have money 3. My parents buy for me 4. It is not yet time to buy for next period 5. I am embarrassed to purchase pads 6. Others (Specify)_____			
Cultural and Religious Restrictions on Menstruation			Yes	No	I don't know
Q22	It is prohibited to openly discuss menstruation and its management in my culture				
Q23	Menstruating girls are confine to a room or a separate menstruation hut to avoid interaction with men				
Q24	Menstruating girls are prohibited from performing house chores such as cooking, fetching water, sweeping etc				
Q25	Menstruating girls are forbidden from religious activities (praying, visits to mosque or church, forbidden from touching religious books etc.)				
Q26	Menstruating girls are considered unclean and impure				