

ADOLESCENT MENSTRUAL ATTITUDE QUESTIONNAIRE

Answer this questionnaire if you have never had your period.

Grade (5)(6)(7)(8)(9)(10)

Age (9)(10)(11)(12)(13)(14)(15)(16)(17)

Birthdate: Month Jan (), Feb (), Mar (), Apr (), May (), Jun (), Jul (), Aug (), Sep (), Oct (), Nov (), Dec ()
Day (0)(1)(2)(3)(4)(5)(6)(7)(8)(9)
Year (7)(8)(0)(1)(2)(3)(4)(5)(6)(7)(8)(9)

Have you had your first period? (Y) Yes (N) No

If yes, your age when your first period started: Years (9)(10)(11)(12)(13)(14)(15) Months (J)(F)(M)(A)(M)(J)(J)(A)(S)(O)(N)(D)

Instructions

Next is a questionnaire concerning how girls feel about menstruation, which is another word for your period. We will be asking you to indicate how much you agree, or disagree, with each statement, like this:

1. I think boys should be told everything about girls periods. (SD)(D)(N)(A)(SA)

- (SD) means that you strongly disagree with the statement.
(D) means that you disagree with the statement, but you do not strongly disagree.
(N) means that you don't care, are not sure, or do not know.
(A) means that you agree with the statement.
(SA) means that you strongly agree with the statement.

Now, think about the statement, and fill in the circle next to the statement that is your own opinion. There are no right or wrong answers. We are only interested in what you think. You do not have to answer any question that you do not want to. If you decide not to answer any questions at all, that's fine too, but we ask you to go to the other activity room.

Please do not put your name on this form. These answers are your own personal opinions, and we consider your feelings private.

- 1. When I have my period, I will be scared that the boys will find out. (SD)(D)(N)(A)(SA)
2. It will make me feel very happy to know that I am finally menstruating. (SD)(D)(N)(A)(SA)
3. I will not tell anyone when my period starts. (SD)(D)(N)(A)(SA)
4. I was happy when I found out about menstruation. (SD)(D)(N)(A)(SA)
5. I worry that one day I might not notice that I'm bleeding. (SD)(D)(N)(A)(SA)
6. Most girls are bothered by buying pads or tampons at school or at a store. (SD)(D)(N)(A)(SA)
7. I think I will feel uncomfortable when I have my period. (SD)(D)(N)(A)(SA)
8. I am scared stiff at the thought of my period starting. (SD)(D)(N)(A)(SA)
9. I often talk about periods with my friends. (SD)(D)(N)(A)(SA)
10. I worry a lot about my periods starting. (SD)(D)(N)(A)(SA)
11. Girls do not like to be seen putting pads in the garbage. (SD)(D)(N)(A)(SA)
12. It is normal for girls to menstruate. (SD)(D)(N)(A)(SA)
13. I will not feel any different than usual when I menstruate. (SD)(D)(N)(A)(SA)
14. Girls who say they feel sick when they have their periods are just making excuses. (SD)(D)(N)(A)(SA)
15. I will feel okay when I get my period. (SD)(D)(N)(A)(SA)
16. When I talk with my friends about periods I feel uncomfortable about it. (SD)(D)(N)(A)(SA)
17. When girls have their period, they should be allowed to stay home. (SD)(D)(N)(A)(SA)
18. Girls worry a lot that blood will leak through their clothes. (SD)(D)(N)(A)(SA)
19. I will get used to periods very quickly. (SD)(D)(N)(A)(SA)
20. Menstruating girls are grumpy and tense. (SD)(D)(N)(A)(SA)

○ SD = Strongly Disagree D = Disagree N = Not Sure A = Agree SA = Strongly Agree ○

21. I look forward to getting my first period. SD D N A SA
22. I like to talk about periods with my friends. SD D N A SA
23. It's embarrassing to ask questions about periods. SD D N A SA
24. When I get my period I will feel good. SD D N A SA
25. Girls with periods should avoid exercise. SD D N A SA

26. I will feel excited when I get my period. SD D N A SA
27. I feel scared because I don't know what will happen when I get my period. SD D N A SA
28. I will feel very grown up when I have my period. SD D N A SA
29. When girls have their periods they should not shampoo their hair. SD D N A SA
30. Girls are often grouchy when they have their periods. SD D N A SA

31. When I get my period I expect I will feel sick. SD D N A SA
32. I feel pleased when I think of starting my period. SD D N A SA
33. When I start having my period, I am terrified that people will find out. SD D N A SA
34. I expect to feel moody when I get my period. SD D N A SA
35. Girls who get cramps with their period should worry that something is wrong with them. SD D N A SA

36. Coping with periods is easy. SD D N A SA
37. Most girls understand what is happening to their body when they get a period. SD D N A SA
38. Girls feel uncomfortable studying about menstruation at school. SD D N A SA
39. I feel it's OK to discuss periods with boys. SD D N A SA
40. Girls do not mind buying pads. SD D N A SA

41. When I get my period, I will worry that people will be able to tell. SD D N A SA
42. Every time someone mentions "period" I get nervous. SD D N A SA
43. I am glad I am growing mature enough to menstruate. SD D N A SA
44. Most girls find that getting a pad from a machine in a public washroom is very embarrassing. SD D N A SA
45. I will feel special when I get my period. SD D N A SA

46. It is OK to swim when you have your period. SD D N A SA
47. I will feel proud when I get my period. SD D N A SA
48. The thought of getting my period is hard to get used to. SD D N A SA
49. I do not care if my period starts or not. SD D N A SA
50. I think I will walk differently when I am menstruating. SD D N A SA

51. Getting my period will be no big deal. SD D N A SA
52. I think periods are very dirty. SD D N A SA
53. Girls who have their periods should not take a bath. SD D N A SA
54. When girls have their periods, they should shower more frequently. SD D N A SA
55. Having a period is a big nuisance. SD D N A SA

56. Girls avoid talking to anyone about their concerns regarding periods. SD D N A SA
57. I will feel shocked when my period begins. SD D N A SA
58. Most girls understand exactly what to do when they get their first period. SD D N A SA

WRITE IN THIS BOX ONLY

Have you thought of anything you would like to ask us?

Thank you for your help with this research!!