

Appendix 3. Research Questionnaire – English version

ID NR : \_\_\_\_\_

Investigator : \_\_\_\_\_

**Research Questionnaire**

*Instructions for interviewer: Questions should be asked in an open answer and unsuggestive form. Answers following the questions in this questionnaire should not be read to the interviewed if not necessary, to avoid suggesting of an answer, and are of supportive character for an interviewer.*

**Section I – General Information**

1. Age: .....

2. Ethnicity: .....

3. Religion: .....

4. Languages spoken: .....

5. Municipality and District: .....

6. Marital Status:

☐ Married ☐ Unmarried ☐ Widowed

7. Profession:

☐ Student ☐ Employed ☐ Housewife

8. Which of the following answers the best describes the area where you live?

☐ Urban ☐ Suburban ☐ Rural ☐ Remote ☐ I don't know

9. Education:

☐ Illiterate ☐ Literate or up to 5<sup>th</sup> class ☐ Class 6<sup>th</sup> to 10<sup>th</sup>  
☐ Class 11<sup>th</sup> to 12<sup>th</sup> ☐ Bachelor's Degree or above

10. What is the average monthly income of your household?

☐ I don't know ☐ Under Rs.14 999 ☐ Rs.15 000 – 24 999  
☐ Rs.25 000 – 34 999 ☐ Rs.35 000 – 44 999 ☐ Rs.45 000 or above

11. Number of people living in the household: .....

12. Number of menstruating women living in the household (*between app.12-51 years old*):

.....

13. What are the main sources of information for you?

## THE CONSEQUENCES OF MENSTRUAL TABOO

- ☐ Newspaper ☐ Radio ☐ Community/religious leaders ☐ TV ☐ Friends  
☐ Internet/social media. Specify which social media:.....  
☐ Other: .....

14. In your opinion, what is the general perception of menstruation in your community?

- ☐ Natural event ☐ Impure event

15. If any, what restrictions or rules menstruators follow in your household? (*For interviewee: read out the options, underline one or more; if others, note full and detailed answer*)

- ☐ No restrictions ☐ Not touching food / kitchen / water source / male / plants / animals  
☐ Sleep separately / outside / in a shed ☐ No involvement in religious activities  
☐ Others:

.....  
.....  
.....  
.....

16. If you mentioned any restrictions or rules in the previous answer, please describe what are your feelings about them?

.....  
.....  
.....  
.....  
.....

### Section II – Menstrual Products and Practices

17. What product/s do you use to absorb menstrual blood? (*One or more*)

- ☐ Disposable menstrual pad ☐ Reusable menstrual pad ☐ Reusable cloth ☐  
Tampons ☐ Menstrual cup ☐ Other: .....

.....

18. If you use more than one product to absorb menstrual blood, please explain in what situation do you use each of the products and why?

.....  
.....  
.....  
.....  
.....  
.....

THE CONSEQUENCES OF MENSTRUAL TABOO

19. What factors are most important for you when choosing menstrual product/s? (*one or more*)

- ☐ Price      ☐ Comfort      ☐ Easiness of usage      ☐ Distance to distribution point ☐  
Easiness of disposability      ☐ Portability      ☐ Other.....

.....  
.....

20. Have you ever been forced to skip school because of lack of menstrual products?

- ☐ No      ☐ Yes. Specify how often it had/has been occurring: .....

.....  
.....

21. Have you ever been forced to skip work because of lack of menstrual products?

- ☐ Never      ☐ Yes. Specify how often it had/has been occurring: .....

.....  
.....

**Section II (a):** *If the answer to question 17 **does not include** disposable menstrual pad:*

22. Do you know what are disposable menstrual pads?

- ☐ Yes      ☐ No

23. Have you ever used disposable menstrual pads before?

- ☐ Yes      ☐ No

24. Do you buy disposable menstrual pads for other people?

- ☐ No      ☐ Others. Specify your relation to the person/s you buy menstrual pads for:

.....

25. On average, how many times do you change menstrual product of your choice during the day when on period?

- ☐ 1 time      ☐ 2 times      ☐ 3 times      ☐ 4 times      ☐ 5 times or more

26. Why do you choose not to use disposable menstrual pads?

.....  
.....  
.....  
.....  
.....

## THE CONSEQUENCES OF MENSTRUAL TABOO

27. Describe the disposing and/or washing process/es of the menstrual product of your choice after usage?

.....  
.....  
.....  
.....  
.....

28. In your opinion, what are the advantages of the menstrual product you choose to use?

.....  
.....  
.....  
.....  
.....

29. In your opinion, what are the disadvantages of the menstrual product you choose to use?

.....  
.....  
.....  
.....  
.....

30. Describe the characteristics of a perfect menstrual product. You can mention any kind of its features (e.g. type, usability, look, accessibility).

.....  
.....  
.....  
.....  
.....

31. What is the maximum price you would be willing to pay for the perfect menstrual product you described in the previous question? Specify quantity. (*per month in Rs.*)

.....

**Section II (b):** *If the answer to question 17 includes disposable pad:*

32. On average, how many disposable pads do you buy per month?

.....

THE CONSEQUENCES OF MENSTRUAL TABOO

33. On average, how many times do you change menstrual pads during the day when on period?

- ☐ 1 time      ☐ 2 times      ☐ 3 times      ☐ 4 times      ☐ 5 or more

34. Describe the disposing process of menstrual pads after usage?

.....  
.....  
.....  
.....  
.....

35. In your opinion, what are the advantages of disposable pads and/or of using them?

.....  
.....  
.....  
.....  
.....

36. In your opinion, what are the disadvantages of disposable pads and/or of using them?

.....  
.....  
.....  
.....  
.....

37. Describe the characteristics of a perfect menstrual product. You can mention any kind of its features (e.g. type, usability, look, accessibility).

.....  
.....  
.....  
.....  
.....

38. What is the maximum price you would be willing to pay for the perfect menstrual product you described in the previous question? *Specify quantity. (per month in Rs.)*

.....

39. Describe how do you feel when buying menstrual products

.....  
.....

.....  
.....  
.....

**Section IV – Financing of menstrual products** (*if reusable cloth or reusable pad is not the only menstrual product of interviewee's choice*)

40. How much money do you spend on your menstrual products per month (in Rs.)?

.....

41. On average, how much money do you spend on a single packet of menstrual product per month? *Specify quantity. (per month in Rs.)*

Average price: ..... Number of units in the packet:.....

42. Has there ever been a time when you couldn't afford to buy menstrual products?

☐ No ☐ Yes. Specify how often it had/has been occurring: .....

.....

43. Has there ever been a time when you didn't change your menstrual product for an entire day because you could not afford to buy a new one?

☐ No ☐ Yes. Specify how often it had/has been occurring: .....

.....

44. In your opinion, should menstrual products have higher importance in your household's budget?

☐ Yes ☐ No

45. Do you buy menstrual products for yourself?

☐ Yes ☐ No. Specify your relation to the person/s who buys them for you:

.....

46. Do you buy menstrual products for other people?

☐ No ☐ Others. Specify your relation to the person/s you buy them for:

## THE CONSEQUENCES OF MENSTRUAL TABOO

47. Do you have to ask someone for money to buy your menstrual products?

- ☐ Yes ☐ No

If answer to **question 47 is Yes** (Questions 48-50):

48. What is your relation to the person/s you ask for money to buy menstrual products?

.....

49. When you ask for money to buy menstrual products, do you mention what you need the money for?

- ☐ Yes ☐ No

50. How do you feel when you ask for money to buy menstrual products?

.....  
.....  
.....  
.....  
.....

### Section III – Menstrual product accessibility

51. Where do you generally get your menstrual product from?

- ☐ I do not buy menstrual products ☐ Local shop ☐ Pharmacy ☐  
Weekly village market ☐ Other: .....

52. How would you rate accessibility to menstrual products in your place of living on the scale from 0 to 5 when 0 = not accessible and 5 = very easy to access?

- ☐ I do not know

- ☐ Not Accessible (0) ☐ Very difficult to access (1) ☐ Difficult to access (2) ☐  
Moderate accessibility (3) ☐ Easily accessible (4) ☐ Very easy to access (5)

**Section III (a):** If the answer to question 52 is **between 0 and 3**, meaning limited accessibility, (Questions 53-54):

53. Why is it difficult to buy menstrual pads in your place of living in your opinion?

- ☐ Price ☐ Distance to closest distribution point ☐ Social ostracism  
☐ Other: .....  
.....  
.....

54. Would you have any idea of how to make menstrual products more accessible in your place of living?

.....  
.....  
.....  
.....

**Section V – Sparsa Project**

55. To what degree is it important to you that the menstrual product you use/would like to use is made in Nepal? Please rate from 0 to 5 when 0 = not important at all and 5 = Extremely important.

- ☐ Not Important at all (0)      ☐ Very low importance (1)      ☐ Low importance (2)      ☐  
Moderate importance (3)      ☐ High Importance (4)      ☐ Very high importance (5)

56. To what degree is it important to you that the menstrual product you use/would like to use is biodegradable? Please rate from 0 to 5 when 0 = not important at all and 5 = Extremely important.

- ☐ I do not know what biodegradability means
- ☐ Not important at all (0)      ☐ Very low importance (1)      ☐ Low importance (2)  
☐ Moderate importance (3)      ☐ High importance (4)      ☐ Very high importance (5)

57. If any, what is the preferable number of pads included in one pack for you?

- ☐ Number of units:.....      ☐ Not interested in buying pads      ☐ I don't know      ☐  
Number of units irrelevant to the respondent

58. Please, describe your feelings about the name 'Sparsa' for a menstrual pad brand?

.....  
.....  
.....  
.....

59. Please, describe your feelings about the logo for a menstrual pad brand? (*Logo in annex*)

.....  
.....  
.....  
.....

60. Please, describe your feelings about the packaging design for a menstrual pad brand?  
(*Design in annex*)



## THE CONSEQUENCES OF MENSTRUAL TABOO

.....  
.....  
.....  
.....

### Observations:

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....