

Sparsa Pad User Feedback Survey

About Sparsha Pad

We are currently in the prototype development phase of the Sparsha Pad. Therefore, your feedback is extremely valuable in helping us improve the quality of our product.

Sparsha Nepal is a social enterprise that produces and distributes biodegradable menstrual pads in Nepal. Our aim is to provide safe, eco-friendly, and comfortable menstrual solutions for women. In addition, we run awareness campaigns to break menstrual taboos and advocate for women's rights.

We will collect your feedback and make the necessary improvements to make our product more effective for users. For multiple-choice questions, please select the correct answer by marking a ✓.

Your responses will help us create a better product. Thank you for your time and support.

Let's begin! 

A) General Information

1. If you would like to receive the survey results, please provide your **email address** (we will not share this with anyone):

-
2. What is your **age** and **weight**? (Weight helps assess comfort and potential leakage issues):

-
3. What type/brand of pad do you usually use during your period?
-

B) Technical Feedback

1. When did you use the pad?
☐ During the day ☐ At night
2. What was your menstrual flow like when using the pad?
☐ Light ☐ Moderate ☐ Heavy

3. On which day of your period did you use the pad?
_____ (e.g., Day 1, Day 2, etc.)
4. How long did you wear the pad?
☐ Less than 3 hours
☐ 3–6 hours
☐ 6–9 hours
☐ More than 9 hours
5. What activities did you do while wearing the pad? (Select all that apply):
☐ Sitting ☐ Walking ☐ Running ☐ Cycling
Other: _____
6. Where did you use the pad?
☐ At home ☐ Outside home
7. Did you experience any leakage?
☐ Yes ☐ No
8. If yes, where did the leakage occur?
☐ A ☐ B ☐ C ☐ D
(Refer to the image for reference)
9. If yes, can you describe the reason? (e.g., pad tore, moved, unknown, heavy flow):
-

10. Did you feel wetness while using the pad?
☐ Yes ☐ No
11. Did you feel the pad shifting/moving?
☐ Yes ☐ No
12. Did the adhesive strip leave a stain on your underwear?
☐ Yes ☐ No
13. Was it easy to open and use the pad?
☐ Yes ☐ No → If no, please explain: _____
14. How easy was it to remove the pad from your underwear?
(1–Very difficult to 5–Very easy): _____
15. Please rate the following (1–Very bad to 5–Very good):

Criteria	Rating (1–5)
----------	--------------

Length of the pad _____

Width of the pad _____

Wings _____

Absorbency _____

Comfort level _____

Odor control _____

16. Would you like to share anything specific about your ratings?

- Length: _____
- Width: _____
- Wings: _____
- Absorbency: _____
- Comfort: _____
- Odor control: _____

C) Overall Perception

1. Compared to other pads, what did you **like about Sparsha Pad**?

2. What did you **not like** about the Sparsha Pad?

3. Do you have **any additional comments** about the pad?

4. What suggestions do you have to **improve the Sparsha Pad**?

D) Critical Feedback (Packaging & User Experience)

1. How did you **feel when you first saw the packaging?**

2. How would you rate the packaging?

☐ 1 Very Bad ☐ 2 Bad ☐ 3 Okay ☐ 4 Good ☐ 5 Very Good

Rating: _____

3. In your opinion, **what information was missing** from the packaging?

4. Was it easy to open the **8-pad pack**?

☐ Yes ☐ No

5. Was it easy to open a **single pad wrap**?

☐ Yes ☐ No

6. Are there any questions we missed that you think we should include in the next survey?

7. Would you like to **participate in the next trial** of the improved pad?

☐ Yes ☐ No ☐ Maybe

8. How would you rate the pad overall?

☐ 1 Very Bad ☐ 2 Bad ☐ 3 Okay ☐ 4 Good ☐ 5 Very Good

Rating: _____

Thank you for helping us! 🙏

Your valuable feedback will help us make Sparsha Pad safer, more comfortable, and eco-friendly.