

Knowledge, Attitude, and Practice on Menstrual Hygiene Management among School Adolescents

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ABSTRACT

Background: Menstrual hygiene management remains a taboo in many communities in Nepal. Cultural beliefs about menstruation such as food taboos and untouchability have negative impact on dignity, health and education of adolescent girls. The objective of the study was to assess the current knowledge, attitude and practice of school adolescents on menstrual hygiene management in Doti District in Far-Western Nepal.

Methods: This cross-sectional study was carried out from October to December 2016 at seven village development committees in Doti district, Nepal. This study was done among 276 students from grade seven and eight of 11 schools. Self-administered structured questionnaire was used to obtain information from school students. Descriptive analysis was done to analyse the knowledge, attitude and practice of school adolescents on menstrual hygiene management.

Results: 67.4% respondents had fair knowledge and 26.4% respondents had good knowledge on menstrual hygiene management. However, out of 141 female adolescent respondents, only 56 (40%) were engaged in good menstrual hygiene practices. Around half of the respondents had positive attitude towards menstrual hygiene management related issues.

Conclusions: Although knowledge on menstrual hygiene management among school adolescents is fair, still attitude and practice need to improve. Findings indicate the need of behavior change communication campaigns along with frequent reinforcement of school health education programs.

Keywords: Knowledge; attitude; practice; menstrual hygiene management .

INTRODUCTION

Menstruation, that starts with the onset of puberty, is a physiological process in females.¹ Nepali society has viewed it as a religiously impure and culturally shameful occurrence.² "Chhaupadi" is a traditional practice in which females are forbidden to touch anything and are forced to live in isolation (shed) during menstruation.³ The situation is not different in Far West region, with reported incidents of rapes and physical assaults while in Chhaupadi.⁴ Such practices have caused adverse effect on females' capacity to manage their periods.⁵⁻⁶

These problems are further exacerbated by insufficient access to clean toilets, water and soap.^{7,8} These are vital factors leading to absenteeism as high as 53% of girls in Nepal.⁸⁻¹¹ Also, comprehensive awareness raising at schools is vital for promoting Menstrual hygiene

management (MHM).^{12,13} The main purpose of the study was to evaluate knowledge, attitude and practices of school adolescents regarding MHM in Doti district.

METHODS

Doti district in Nepal is reported to have high prevalence of "Chhaupadi" and significantly low access to and use of MHM services. Thus, a cross-sectional study was carried out from October to December 2016 at seven village development committees (VDCs) in Doti district, Nepal. The sample size of 276 was obtained with the assumption that the practice should be about 53% in our population of respondents. Students were selected randomly from grade seven and eight of 11 schools.

Respondents' KAP were measured by using a set of nine knowledge related questions, 12 practice related

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questions and eight attitude related statements. The topics to be included in the questionnaire were developed on the basis of a thorough review of literature and the authors' experience of important issues related to menstrual hygiene management in Nepal. The scores for knowledge and practice items were given one for each correct answer and a score of zero for an incorrect answer. Later all score were summed up and classified into three categories, good (more than 80% score), fair (69%-79% score) and poor (below 69% score). Similarly, all the attitude statements were measured in three point Likert scale ranging from disagree, don't know and agree. A score of one was given for correct statement and zero for don't know or wrong statement. Later, all score were summed up and classified into two categories, positive attitude (more than 80% score) and need improvement (below 80% score). Self-administered structured questionnaire was used to obtain information from school students.

The study period of this study was from October 1 to December 28, 2016. Data collection was carried out at the schools during school hours with due verbal consent from respective school principals. Eligible participants were explained the purpose of the study and method of completing the questionnaire and took affirmation from the respondents to participate in the study. Approval for this study was obtained from ethical review board of Nepal Health Research Council. Data was analyzed using MS-Excel and SPSS version 22.

RESULTS

Only four out of 11 schools had a separate toilet available for students and teachers. Seven schools had gender-friendly toilets. Only three schools had running water available in the toilets but only one school had the availability of soap for washing hands in the toilet. At the time of observation, marks of open urination/defecation were found in four schools. None of the schools had mirror available at toilets. Rest room for use during menstruation was not available in any of the schools. Only five schools had enough drinking water for students during school time.

About the knowledge on Menstruation Hygiene Management, 17 (6.2%) of the respondents had poor knowledge, 186 (67.4%) had fair knowledge and 73 (26.4%) had good knowledge of menstrual hygiene management. 83% of the respondents agreed that menstruation is a physiological process. 44% of the respondents were aware of the age of menarche and 70% knew the age of menopause. 90% of the participants

were aware of the reason to use sanitary pad. 35% of the participants were of the opinion that time interval to change pad is daily. 97% of respondents knew the reason for washing hands after handling used pad and 98.9% of respondents knew about the proper way of disposing used pad.

Table 1. Knowledge regarding MHM.

Variables (276)	Number (%)
Menstruation	
Physiological process	229 (83)
Curse from god	3 (1.1)
Untouchability	29 (10.5)
Disease	1 (.4)
Don't know	14 (5.1)
Reason to use sanitary pad	
Manage blood flow and maintain hygiene	250 (90.6)
To relieve pain	7 (2.5)
Instead of taking shower	5 (1.8)
Don't know	14 (5.1)
Time interval to change pad	
Every hour	40 (28)
Every 4-6 hours	29 (21)
Daily	49 (35)
Don't know	23 (16)
Way to dispose of used pad	
Burning	106 (38.4)
Burying	51 (18.5)
Throw away	3 (1.1)
Both a or b	116 (42)
Knowledge (Summary index)	
Poor knowledge	17 (6.2%)
Fair knowledge	186 (67.4%)
Good knowledge	73 (26.4%)

On the practices related to menstruation, out of 141 female adolescent respondents, 56 (40%) had good menstrual hygiene practices. 72 (51%) girls had a fair practice and 13 (9%) had poor menstrual hygiene practices.

30% of the respondents used factory made sanitary pads followed by 76% of them using homemade and reusable pads. However, only 39% of respondents changed pads in every 4 -6 hour period. 68% of the respondents washed hands after changing a sanitary pad and 61 % used soap and water for washing hands.

Table 2. Practice Regarding MHM.

Parameters of practice	Number (%)
Uses commercially made sanitary pad as absorbent during menstruation	30 (21.3%)
Uses home made reusable pad	76 (53.9%)
Changing pad every 4-6 hours during menstruation	39 (27.7%)
Washes hands after changing pad	96 (68.1%)
Uses soap water to wash hands after pad change	86 (61.4%)
Clean genitalia after every toilet visit during menstruation	84 (59.6%)
Clean genitalia after pad change	79 (56%)
Change underwear during changing pad	64 (45.4%)
Clean genitalia in front to back motion during menstruation	56 (39.7%)
Properly manages used pads during menstruation	96 (67.4%)
Takes bath daily during menstruation	111 (78.7%)
Use school toilet during menstruation	127 (90.1%)
Practice (summary index)	
Good practice	56 (40%)
Fair practice	72 (51%)
Poor practice	13 (9%)

136 (49%) of the respondents had a positive attitude towards MHM issues whereas 140 (51%) required improvement on their attitude towards MHM. Data showed that 52.5% of the respondents agreed restrictions for carrying out household chores during menstruation is significant. Only 47% thought that violation or non-observance of cultural traditions and taboos during menstruation will not lead to god or deities cursing their family members. 77% of respondents agreed that, increase in supplementation of nutrients/food is necessary during menstruation. Only 54% of respondents thought that men do not become sick if a menstruating female touches him. 65% of respondents agreed that menstruating females should take bath. Only 45% of respondents agreed that menstruating females can consume dairy and sour food items.

Table 3. Attitude Regarding MHM.

Statements	Number (%)
Restriction in household task during menstruation is not significant	145 (52.5%)
Self-esteem increases after menarche	105 (38%)

Menarche signals the body is functioning normally	133 (48.2%)
God will not curse family members if cultures/ taboos are not followed during menstruation	129 (46.7%)
Increase in supplementation of nutritious food is necessary during menstruation	212 (76.8%)
Men will not become sick when menstruating female touch them	149 (54%)
Menstruating female should take bath	180 (65.2%)
Menstruating females can eat dairy and sour items	123 (44.6%)
Positive attitude	136 (49%)
Need improvement	140 (51%)

In regards to accessibility of MHM and Water, Sanitation & Hygiene (WASH) facilities and services, 47.5% of respondents first heard about menstruation at the age 10-12 years mostly getting information on menstruation from school additionally followed by friends, mother, and guardian. Over 70% of respondents had heard message on menstruation from the local radio station. About 45% of respondents had not got any MHM education class/orientation. Data showed that NGOs are mainly providing MHM education/orientation/training in school. Only 28.3% of female respondents had ever participated in a sanitary pad making training and 27.2% had made reusable sanitary pads after participating in the training. About 70% respondents replied unavailability of supplies for managing menses at school.

Different questions about their belief, tradition and culture related to menstruation were asked to adolescent girls and boys. Among a total of 141 female respondents, 39% responded 'feeling shame to talk about menstrual status' followed by pain and then by leaks, stains, and menstruation related odor leading to teasing by boys as major challenges faced during menstruation. Although knowledge score was high, more than half of female respondents stayed at a separate room at their home during menstruation and were not allowed to participate in cultural/religious functions. Not surprisingly, only 29 respondents said they got psychological support from their family during menstruation. Thus, findings indicate the need of behavior change communication campaigns along with frequent reinforcement of school health education programs.

DISCUSSIONS

Our results show that most of school adolescents have fair knowledge on menstrual hygiene management, although there is still considerable scope for improvement of hygiene related practices and attitude on taboos related to menstruation.

Findings showed that 83% of respondents had the idea that menstruation is a physiological process, which is significantly higher than findings from other studies.^{5,14} Majority of respondents knew the reason to use sanitary pad during menstruation which is in contrast with finding of study conducted by Dasgupta in which just 48.75% knew the use of sanitary pad.¹⁵ This increment in knowledge indicates exposure and readiness of school adolescents to adopt hygiene behavior. Though majority of students know about menstruation which might be attributed to the inclusion of reproductive health education in school curricula and exposure to a wide range of information media like television, radio, internet; still misperceptions persist in this matter. More than 50% still believed that god will curse family members if they do not follow cultures/taboo associated with menstruation. This is supported by the study of Adhikari et al who mentioned females would sprinkle gold water to purify themselves.¹⁶ Additionally, it was also discovered that boys tease their female peers during menstruation which creates an environment of shame and fear among adolescent girls. Previous studies have also revealed a higher proportion of respondents considering menstruation to be inconvenient and embarrassing.¹⁶

Promotion of adolescent sexual and reproductive health and prevention of diseases are among the key reasons for menstrual hygiene. Our study found that majority of school girls used sanitary pads (commercial or reusable) during their menstruation. This is similar to reports from Lawan and colleagues from Nigeria¹⁷ but in contrast to the study conducted in India¹⁵ and Adinma's study where the majority was found to be using toilet rolls to manage menstrual blood.¹⁸ Data showed that only 40% of the respondents had a good level of menstruation hygiene management practices followed fair practices with 51% girls, and nine percent had adopted a poor set of practices. Findings show a gap between existing knowledge and practice which is in concurrence with other findings.⁵ One of the possible hindrances could be lack of availability of sanitary pads in rural setting to adopt proper hygienic menstruation practice along with lack of disposal facilities.

In accordance to the findings from our study, 55.4% believed menstruating females should not consume poultry and sour food items. These findings on food

taboos agreed with another study conducted in rural Nepal.⁵ Despite of expanding knowledge horizon, cultural taboos existing in society is preventing change in attitude; hence practice on menstrual hygiene management among school students. This situation demonstrates dire need to address the harmful practices in the name of culture.

CONCLUSIONS

The results indicate that majority of the respondent girls have knowledge of MHM but it hasn't clearly translated into the right attitude and practice, hence, behavior change programs should be conducted in those communities. Massive advocacy campaigns are also required to combat the deeply ingrained religious and cultural malpractices, restrictions, and taboos related to menstruation. Interventions to increase access to hygienic absorbents and disposal of MHM items are the issues that should be addressed. School WASH facilities are currently acutely inadequate for the girls to safely manage their menses; enough water is not available, gender friendly toilets, both for students and teachers are missing and hand washing facilities are absent. Hence, MHM friendly WASH infrastructures and facilities must be created at schools.

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MHM Survey Questionnaire (For Girls)

	Age of Respondents:	
Name of School:	Class:	

S.N.	Questions	Options			
Knowledge					
1	What do you understand by menstruation?	Blood flow after the age of 10/12 years among female indicating capability for reproducing	It is the curse of previous life.	It is the indication for untouchability among female	It is a disease.
2	What do you think the cause of menstruation be?	Natural process	Sin	God's curse	Illness
3	Do you know at what age menstruation normally starts?	10-12 years	12-15 years	15-19 years	after 20 years of age
4	In average, how long menstrual period lasts?	2 days	2-4 days	4-7 days	30 days
5	When does menstruation normally ends ?	19 years	40 years	49 years	80 years
6	Why should we use Sanitary pad during period?	Manage blood flow and maintain hygiene	To relieve pain	Instead of taking shower	Don't know
7	At what time interval we have to change our pad?	Every hour	Every 4-6 hour	Daily	Don't know
8	Why should we wash our hands after handling used pad?	Maintain hygiene and free from germs	To shake hand with others	To avoid scolding from teacher	Don't know
9	How can we dispose used pad?	Burning	Burying	Throw away	Both a or b
		Male		Female	
		Temporary	Permanent	Temporary	Permanent

10	Tick the correct temporary and permanent methods of family planning	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui
11	Where can we find the temporary methods of family planning?	Health Post/ORC	FCHVs	Pharmacy	School
12	Do you know the pillars of safe motherhood?	Family Planning	Antenatal Care	Clean/ Safe Delivery	All of above
13	Have you heard about Aama Surakshya Karyekram?	Yes	No		
14	What are the criteria for getting incentives/ services according to Ama Surakshya Karyekram?	Be member of mother group	4 ANC in scheduled time with institutional delivery	Every delivered mother can get	Be FCHV
15	What are the causes of HIV/ AIDS?	Unprotected sex	Infected Blood transfusion	Use of infected syringe	All of above
16	What is the average weight of new born child?	2 kg	2.5 kg	3 kg	4 kg
17	At least, how much time a day should the child be breast fed?	One time	At least 6 times	Two times	Three times
18	When should we start feeding extra food to new born child?	After birth	After Child stops sucking breast milk	After 6 months	After a year
19	Where can we avail safe abortion service?	Certified HF	Every health facility	Pharmacy	Anyone can do at home
20	Have you ever heard about Adolescent Friendly Health Facility?	Yes	No		
21	What type of services are available in Adolescent Friendly Health Facility?	Welcoming environment	Availability of IEC/ BCC materials	Separate room with privacy	All of above

Practice/ Behaviour

1	What kind of absorbent do you use during period?	Sanitary pad	Home made reusable pad	Cloths	None
2	At what time interval do you change your pad?	Every hour	Every 4-6 hour	Daily	Others...
3	Do you wash your hands after using pad?	Yes	No		
4	What do you use to wash hand after pad use?	Only water	Soap and water	Water and ash	Do not wash
5	Do you clean your genital organ every time you go to toilet?	Yes	No		
6	Do you clean genital organ every time you change the pads?	Yes	No		
7	Do you change underwear every time you change the pads/ cloths?	Yes	No		
8	How do you clean your genitals?	Front to back motion	Back to front motion	Randomly	Others...
9	What do you do for used pad?	Burning	Burying	Throwing randomly	Wash and reuse
10	How often do you take bath during menstruation?	Daily	Alternate day	After menstruation stops	At 4th day
11	Where do you go for urination/ defecation during school hour?	School toilet	Jungle	Behind the school	Home

Access to and use of SRH resources and services

1	When did you first hear about menstruation?	< 10 years	10-12 years	12-15 years	>15 years
2	From where did you get information on menstruation?	Friends	Mother	School	Guardian
3	Have you ever heard message on menstruation from local radio station?	Yes	No		
4	Have you got any MHM education class/ orientation?	Yes	No		
5	Who is providing MHM education/ orientation/ training in school?	School	NGO's	Child Club	Others...
6	Have you ever participated in sanitary pad making training?	Yes	No		

7	If Yes, have you made reusable sanitary pad after training?	Yes	No		
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WASH Facilities/ Committee

1	Is there separate toilet for boys and girls in school?	Yes	No		
2	Is water available in school toilet?	Yes; sufficient	Insufficient	Not at all	
3	Is hand washing soap available in school toilet?	Yes	No		
4	Is there waste bin inside school toilet?	Yes	No		
5	Is there disposal facility for used pads?	Yes	No		
6	Is there supplies for managing menses at school?	Yes	No		
7	Is S-WASH-CC formed in school?	Yes	No		
8	Is S-WASH-CC functional in school?	Yes	No		
9	Has S-WASH-CC focussed MHM in school?	Yes	No		

Menstrual traditions/Belief/ Problems/ Practice

1	What are the common challenges you face during menstruation?	Pain	Teasing	Shame related to revealing menstrual status	Leaks, stains and menstruation-related odour
2	How does the challenges affect on education?	Missing or leaving school to manage menses	Reducing participation in class	Distraction and missed educational opportunities	No effect
3	what would ameliorate these challenges?	Improvement in WASH facilities in school	Increased access to management materials	Support from others	All
4	How is menstruation taken in your community/ school?	Natural process	Disease	God's curse	Others...
5	Can you discuss freely regarding menstruation with your friends and family?	Yes	No		
6	Where do you stay during menstruation period?	Own room in home	Separate room in home	Next house	Others...
7	Are you allowed to participate in cultural/ religious functions during menstruation period?	Yes	No		
8	Do you get extra care while you are menstruating ?	Yes	No		

9	If yes, What type of care you get during periods?	Extra food supplementation	Sufficient rest/ Less HH work	Psychological support from family	All
10	Do you have to do regular household chores while you are menstruating ?	Yes	No		
11	If yes, what type of HH chores you have to do?	Washing dishes	Washing clothes	Brooming	Others...
12	Does your mother and you have to face same kind of restrictions at home ?	Yes	No		
13	If yes, what type of restriction she has to face?	Not allowed to go to kitchen	Not allowed to worship	Have to stay in different room away from family	All

MHM Survey Questionnaire (For Boys)

	Age of Respondents:
Name of School:	Class:

S.N.	Questions	Options			
Knowledge					
1	What do you understand by menstruation?	Blood flow after the age of 10/12 years among female indicating capability for reproducing	It is the curse of previous life.	It is the indication for untouchability among female	It is a disease.
2	What do you think the cause of menstruation be?	Natural process	Sin	God's curse	Illness
3	Do you know at what age menstruation normally starts?	10-12 years	12-15 years	15-19 years	After 20 years of age
4	In average, how long menstrual period lasts?	2 days	2-4 days	4-7 days	30 days
5	When does menstruation normally ends ?	19 years	40 years	49 years	80 years
6	Why should we use Sanitary pad during period?	Manage blood flow and maintain hygiene	To relieve pain	Instead of taking shower	Don't know
7	At what time interval we have to change our pad?	Every hour	Every 4-6 hour	Daily	Don't know
8	Why should we wash our hands after handling used pad?	Maintain hygiene and free from germs	To shake hand with others	To avoid scolding from teacher	Don't know
9	How can we dispose used pad?	Burning	Burying	Throw away	Both a or b
10	Tick the correct temporary and permanent methods of family planning	Male		Female	
		Temporary	Permanent	Temporary	Permanent
		1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui	1. Laporoscopy 2. Condom 3. Copper T 4. Vasectomy 5. Pills 6. Norplant 7. Sangini Sui

11	Where can we find the temporary methods of	Health Post/ORC	FCHVs	Pharmacy	School
12	Do you know the pillars of safe motherhood?	Family Planning	Antenatal Care	Clean/ Safe Delivery	All of above
13	Have you heard about Aama Surakshya Karyekram?	Yes	No		
14	What are the criteria for getting incentives/ services according to Ama Surakshya Karyekram?	Be member of mother group	4 ANC in scheduled time with institutional delivery	Every delivered mother can get	Be FCHV
15	What are the causes of HIV/ AIDS?	Unprotected sex	Infected Blood transfusion	Use of infected syringe	All of above
16	What is the average weight of new born child?	2 kg	2.5 kg	3 kg	4 kg
17	At least, how much time a day should the child be breast fed?	One time	At least 6 times	Two times	Three times
18	When should we start feeding extra food to new born child?	After birth	After Child stops sucking breast milk	After 6 months	After a year
19	Where can we avail safe abortion service?	Certified HF	Every health facility	Pharmacy	Anyone can do at home
20	Have you ever heard about Adolescent Friendly Health Facility?	Yes	No		
21	What type of services are available in Adolescent Friendly Health Facility?	Welcoming environment	Availability of IEC/ BCC materials	Separate room with privacy	All of above

Access to and use of SRH resources and services

1	When did you first hear about menstruation?	< 10 years	10-12 years	12-15 years	>15 years
2	From where did you get information on menstruation?	Friends	mother	School	guardian
3	Have you ever heard message on menstruation from local radio station?	Yes	No		
4	Have you got any MHM education class/ orientation?	Yes	No		
5	Who is providing MHM education/ orientation/ training in school?	School	NGO's	Child Club	Others...

WASH Facilities/ Committee

1	Is there separate toilet for boys and girls in school?	Yes	No		
2	Is water available in school toilet?	Yes; sufficient	insufficient	Not at all	Others...
3	Is hand washing soap available in school toilet?	Yes	No		
4	Is there waste bin inside school toilet?	Yes	No		
5	Is there disposal facility for used pads?	Yes	No		
6	Is there supplies for managing menses at school?	Yes	No		
7	Is S-WASH-CC formed in school?	Yes	No		
8	Is S-WASH-CC functional in school?	Yes	No		
9	Has S-WASH-CC focussed MHM in school?	Yes	No		

Menstrual Belief/ Problems

1	How is menstruation taken in your community/school?	Natural process	Disease	God's curse	Others...
2	Where do menstruating girls stay during menstrual period?	Own room in home	Separate room in home	Next house	Others...
3	Are they allowed to participate in cultural/religious functions during menstruation period?	Yes	No		
4	Do male support female in household work during their periods?	Yes	No		
5	In what type of work do they support female during their periods?	Cooking food	Buying pads	Washing dishes	Others...
6	What do you think the role of males be during menstrual period?	Support psychologically	Nutritious food arrangement	Avoid restriction	All

KII with School Female Teacher

Name:

School

Name:

School

Address:

S.N.	Questions
1	What do you understand by the term menstruation?
2	What is communities perception on menstruation?
3	What is school girls' perception on menstruation?
4	What type of restriction do female have to face during menstruation?
5	Who normally do restrict during menstruation?
6	Before menarche, had you heard about menstrual process and management? [If yes, ask her to explain the source from where she got information.]
7	At what age did you menstruate? How did you feel at the time of your first menstruation? What type of restriction are you facing in your periods?
8	What do you use during menstrual period? How do you manage those materials?
9	Do school girls share their problem relating menstrual conditions? If yes, what they share?
10	What type of pad do school girls use during their period? At what time interval do they normally change pad? How do they manage those materials?
11	Do your school has toilet facility? If yes, is it gender friendly or not? If toilet available, is there soap and water available in it? How water is managed in toilet? Are those facilities available for students also?
12	Has school managed waste pit in school?
13	How is the hygiene behaviour in school after pad use? [Hand washing, washing genital organs, changing/ washing used pads, changing under wear, disposing methods, etc]
14	What type of problem do student face in school during menstrual period?
15	Are there any IEC/ BCC materials used for MHM awareness in your school? Is MHM message played through any of local radio stations?
16	Was there any educational class/ orientation/ training conducted focussing menstrual hygiene management in your school? If yes, who conducted the program and who were participants?
17	Who is responsible for conducting MHM activities in school? Are there any NGOs, clubs initiating such activities? Is S-WASH-CC formed and functional?
18	Was there sanitary pad making training conducted? If yes, who were the target beneficiaries?
19	What might be the problem for menstrual hygiene management in school? [List the reasons]
20	Have you heard about Adolescent Friendly Services? Could you elaborate the services available in AFS.
21	What type of activities you suggest for MHM project?

School WASH Facilities Observation Checklist

Name of school:

Address:

S.N.	Checklist	Observation Result	
1	Toilet availability in school	Available	Unavailable
2	Separate toilet available for students and teachers	Available	Unavailable
3	Separate toilet available for Boys and Girls	Available	Unavailable
4	Toilet designs adapted for privacy and child friendly	Yes	No
5	Observation of open urination/ defecation marks	Observed	Not observed
6	Water Available in toilet	Yes	No
7	Running Water availability in toilet	Yes	No
8	Availability of hand washing soap in toilet	Yes	No
9	Availability of waste bin in toilet	Yes	No
10	Availability of mirror in toilet	Yes	No
11	Use of waste bin available in toilet	Yes	No
12	Random throwing of used pad around school periphery	Yes	No
13	Any MHM related IEC/ BCC material seen in school periphery	Yes	No
14	Availability of sanitary pad in school	Available	Unavailable
15	Rest room that can be used during menstruation	Available	Unavailable
16	Drinking water availability	Yes	Some water, but not enough

Observation Checklist for HF

Name of Health Facility:

Address:

S.N.	Checklist	Observation Result	
1	Toilet availability in HF	Available	Unavailable
2	Separate toilet available for male and female	Available	Unavailable
3	Observation of open urination/ defecation marks	Observed	Not observed
4	Water Available in toilet	Yes	No
5	Running Water availability in toilet	Yes	No
6	Availability of hand washing soap in toilet	Yes	No
7	Availability of hand washing soap in hand washing site	Yes	No
8	Availability of waste bin in toilet	Yes	No
9	Availability of mirror in toilet	Yes	No
10	Random throwing of HF waste around HF periphery	Yes	No
11	Separate with adequate privacy maintained room for Adolescent Friendly Service	Available	Unavailable
12	Well furnished AFS room	Available	Unavailable
13	Availability of IEC material in AFS room	Available	Unavailable
14	Availability of AFS display board/ logo	Available	Unavailable

Secondary Data

S.N.	Indicators	Rate
1	CPR	
2	Toilet Coverage	
3	Water Supply Coverage	
4	Sanitation Coverage	
5	ANC	
6	PNC	
7	Institutional Delivery	
8	Abortion	
9	School attendance girls	
10	Use of AFSC %	
1a	Prevalence of unsafe abortion among adolescents (%)	

Attitude Related Statements

S.N.	Statements	Attitude Scale		
1	Restriction in household task during menstruation is significant	Agree	Don't know	Disagree
2	Change in your self esteem after menarche	High	No change	Low
3	Menarche signals the body is functioning normally	Agree	Don't know	Disagree
4	God will curse your family members if you do not follow the cultures/ taboos during menstruation	Agree	Don't know	Disagree
5	Increase in supplementation of nutritious food during menstruation is necessary	Agree	Don't know	Disagree
6	Men will become sick when menstruating female touch him	Agree	Don't know	Disagree
7	Menstruating female should not take bath	Agree	Don't know	Disagree
8	Menstruating female should not eat poultry and sour items.	Agree	Don't know	Disagree

School Information from Principal

S.N.	School Information		
1	Name of person completing this questionnaire		
2	Designation		
3	Date		
4	School name		
5	School location		
6	School level: Primary/ middle/ secondary		
7	School area: urban/ rural		
8	School management:public/ private/ religious institution-		
9	Student population:		
10	#boys, # girls		
11	# students with physical disabilities(#boys, # girls)		
12	Teachers(# male, #female)		
13	Does school have PTA		
14	Does school have some other formal institutional link with the community or other parent/ community organizations?(eg management committee)		
15	Does the school have student led organizations? Do they play any role in supporting WASH in schools?		
16	Is there an annual process of school self-assessment (SSA) and/ or school improvement plans(SIP)? Do SSAs or SIPs include WASH in schools?		
	Water		
1	What is the school's main water source?		
a	Piped water into school building		
b	Piped water to school yard/plot		
c	Public tap/ standpipe		
d	Protected spring		
e	Unprotected spring		
f	Rainwater collection		
g	Tanker-truck		
h	Surface water(river, dam, lake,pond, stream, canal,irrigation channels)		
i	No water available in or near school	skip to q no 5	
2	How often is the water source functional?		
a	5-7 days per week		
b	2-4 days per week		
c	Fewer than 2 days per week		

3	When the water source is functional, does it provide enough water for the needs of school, including for drinking, handwashing?		
	yes	no	water source is not functional
4	Do you treat water from the source you use at school in anyway to make it safer to drink?(Answer yes only if practicing any of boiling, chlorination, filtration)		
	always	sometimes	never
5	Do children bring their own drinking water from home?		
	most children bring	some children bring	no children bring
6	Are drinking water facilities accessible to children with physical disabilities?		
	yes	no	

FGD with SMC

S.No.	Questions
1	What do you understand by the term menstruation?
2	What is communities perception on menstruation?
3	What is school girls' perception on menstruation?
4	What type of restriction do female have to face during menstruation?
5	Who normally do restrict during menstruation?
6	At what age female normally menstruate? How did they feel at the time of their first menstruation?
7	What do female use during menstrual period? How do they manage those materials?
8	Do school girls share their problem relating menstrual conditions? If yes, what they share?
9	What type of pad do school girls use during their period? At what time interval do they normally change pad? How do they manage those materials?
10	Do your school has toilet facility? If yes, is it gender friendly or not? If toilet available, is there soap and water available in it? How water is managed in toilet? Are those facilities available for students also?
11	Has school managed waste pit in school?
12	How is the hygiene behaviour in school after pad use? [Hand washing, washing genital organs, changing/ washing used pads, changing under wear, disposing methods, etc]
13	What type of problem do student face in school during menstrual period?
14	Are there any IEC/ BCC materials used for MHM awareness in your school? Is MHM message played through any of local radio stations?
15	Was there any educational class/ orientation/ training conducted focussing menstrual hygiene management in your school? If yes, who conducted the program and who were participants?
16	Who is responsible for conducting MHM activities in school? Are there any NGOs, clubs initiating such activities? Is S-WASH-CC formed and functional?
17	Was there sanitary pad making training conducted? If yes, who were the target beneficiaries?
18	What might be the problem for menstrual hygiene management in school? [List the reasons]
19	Have you heard about Adolescent Friendly Services? Could you elaborate the services available in AFS.
20	What type of activities you suggest for MHM project?