



BEYOND THE MOOD SWINGS

**Want to support research
on anxiety levels during
the menstrual cycle?**

*Participate in my Master's
thesis research.*

Visit my website to learn more!
BEYONDTHEMOODSWINGS.NETLIFY.APP

Register until:
JULY 7

Master's thesis by Nikki Rademaker



BEYOND THE



MOOD SWINGS

A Master's Thesis By Nikki Rademaker

Beyond The Mood Swings

Who am I?

- My name is Nikki Rademaker.
- MSc Media Technology student at Leiden University.

This Master's thesis explores if...

- Menstrual cycle phases influence anxiety levels and/or social perception.

What will you need to do?

- Fill out a quick daily survey (2-5 min) for two full hormonal cycles.
- Four short online tasks (15-25 min) across two months.

Who can join?

- Females currently menstruating naturally (not on hormonal birth control).
- Age 18+
- Speak English.

Why participate?

- Support mental health and hormone research.
- Learn more about your own anxiety patterns throughout your cycle.
- Help me with my thesis.

For more information visit:

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