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| - | * **PROCEDURE** A survey must be created in order to conduct an experiment as to which group of women has the most menstrual synchrony. The first group of women was roommates. Requirements for the roommates were made in order to keep the variables in the experiment at a very low number. A universal requirement for all three groups was all participants had to be female and no participant could be using any form of oral contraceptives. Because things such as ìthe pillî unnaturally regulate the menstrual cycle, the data would have become skewed if participants were using it. The roommates survey requirements were, the universal birth control and female requirements along with the rule that the roommates must spend the night in the same room for at least five nights out of a seven-day week. In order to obtain subjects of study for the roommateís survey, surveys were distributed at college campuses, including University of California, Davis, St. Maryís College and California State University, Hayward. If ìroommatesî did not fit the requirements for the roommateís survey, they were asked not to take part in the questionnaire. For roommates that did fit the requirements, each participant was given a survey, which was then grouped together by room number. Twenty-five roommates and a total of fifty people participate in the roommateís survey. The questions on the actual survey asked for the start and end dates of the participants last three menstrual cycles (beginning with the day the survey was given). If a participant was on their menstrual period on the date the survey was given, they recorded the start date and left the end date blank. At the bottom of the survey, four extra questions were added that dealt with menstruation but not necessarily menstrual synchrony. These questions were added so that if questions did arise in the research as to the causes of menstrual synchrony, they could help to be answered by looking at the answers to the four questions.  Date of Survey: Room Number:   Requirements to take survey: Must be female Must not use or be on oral contraceptives (birth control). Must spend the night in the same room at least five (5) nights out of the week.  List the start and end dates, the most recent beginning in space #3, of your last three menstrual periods. If you are on your menstrual period on the date this survey is given, please list your start date in space #3.  start: end:  start: end:  start: end:  Additional Questions (Please Circle one or use a short answer):  Is there any unusual discomfort when you receive you menstrual period? Yes No Unable to respond  Are your menstrual periods almost always predictable, or do you find that you often have irregular cycles?  What is your level of sports/physical activity per week on a scale from 1 to 10 (Ten being strenuous exercise and 1 being little or no exercise)? 1.2.3.4.5.6.7.8.9.10  Does your cycle tend to change significantly when your are not in your dorm room setting (i.e.: summer vacation, spring break, leave of absence etc.)? Yes No Unable to respond       The next group of women that were surveyed for the research was close friends. The title close friends is a very broad title, therefore specific requirements were made in order to define what ìclose friendísî were. Again, the universal requirements were used. The other requirements for this specific group were the ìclose friendísî must of spent no more than two hours a day together and must of talked on the phone for at least one hour per day. These two requirements were chosen in order to determine if menstrual synchrony is caused by emotional or physical factors. For example, the ìroommatesî are a group that is very physical. They live together and are with each other for a large part of their days. Therefore, the close friendís group was required to have more emotional interaction (i.e.: talking ) and less time being in the physical presence of one another. Each close friend was given their own survey, which after completed, was grouped with their partnerís survey. All participants were eighteen years or older and participants were required to sign consent forms in order to participate in the survey. Fifty girls, or twenty-five pairs of close friends, at Amador Valley High School participated in the survey.  Date of Survey:  Name: Close Friendís Name:  Requirements to take survey: Must be female Must not use or be on oral contraceptives (birth control). Must spend no more than two (2) hours a day with your close friend. Must talk on the phone for one (1) or more hours a day with your close friend. Your name must be on your close friendís survey in the ìClose Friendís Nameí section and vice versa. List the start and end dates of your last three menstrual periods, the most recent beginning in space #3. If you are on your menstrual period on the date this survey is given, please list your start date in space #3. start: end:  start: end:  start: end: Additional Questions (Please circle one or use a short answer):  Is there any unusual discomfort when you receive your menstrual period? Yes No Unable to respond  Are your menstrual periods almost always predictable, or do you find that you often have irregular cycles?  What is your level of sports/physical activity per week on a scale from 1 to 10 (Ten being strenuous exercise and 1 being little or no exercise)? 1.2.3.4.5.6.7.8.9.10  Does your cycle tend to change significantly when your are not in your dorm room setting (i.e.: summer vacation, spring break, leave of absence etc.)? Yes No Unable to respond  [next](http://docs.google.com/data.html) | |
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