

FEMININE HYGIENE MOBILE APP

Rationale for app:

[Researchers](#) have cited the need for the dissemination of information regarding female hygiene, particularly in developing countries. Many women lack access to accurate and clear information about menses. The design of this mobile application is in response to [findings of a study](#) examining menstrual practices of adolescents in rural Gujarat, India. The researchers found that the majority of adolescent girls that were examined lacked correct knowledge regarding menstruation practices, including information as to what was happening in their bodies, ways to deal with pain, and information on how to use female hygiene products.

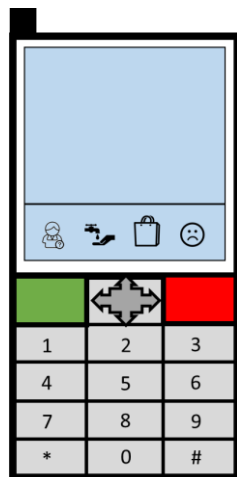
Description of app:

The purpose of the Feminine Hygiene Mobile app is to provide easy-to-understand information to women regarding menstrual practices with an interface designed for those who are functionally illiterate. The application uses audio and images to provide information. An ideal way to explain how to navigate through this mobile app would be a workshop at a clinic that would provide more background information regarding menstrual practices and how to use the app at home

The app would ideally function on a dummy phone and would require no internet connection.

Challenges:

1. The icons used below may not be culturally universal. An exploratory study would have to be conducted to determine if the icons are appropriate to use.
2. The audio recordings will have to reflect the language of the population.
3. Cultural dynamics may influence how information is perceived and utilized.



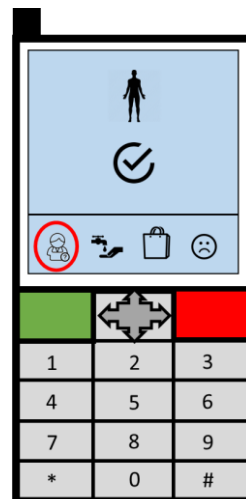
Home Screen:

The home will contain simply icons that will function as a menu. The user will have to use directional pad to select the icon.

Information icon:

Purpose: to increase understanding of the menstrual process and dispel myths.

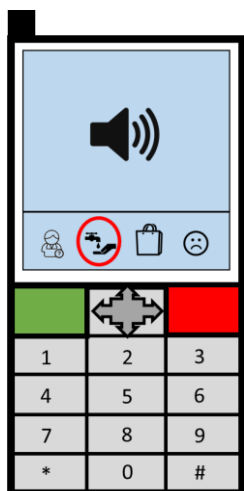
Users will have the option of clicking on icons and listening to a short (~1 minute) audio clip containing information about menstruation. I selected images as icons, but these can be changed to numbers. This selection (numerical vs image icons) will be dependent on the number and type of recording.



Hygiene Practices icon:

Purpose: to increase hygiene practices during period

Users will be able to click on an audio recording that will provide information on how to clean the vaginal area, how to dispose of sanitary napkins, how to properly clean cloth napkins, etc. If culturally appropriate, short videos and/or diagrams may be added to facilitate the learning experience.

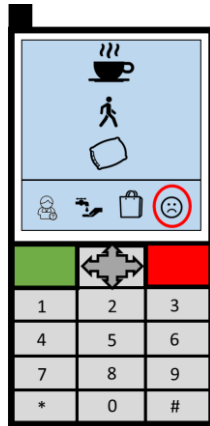


Supplies icon:

Purpose: to increase understanding of products available for period (location specific)

Users will be able to select on the desired icon (will be dependent to supplies available in the location) and access a diagram and audio recording on how to use the selected female hygiene product.





Pain Management icon:

Purpose: To increase knowledge of pain management practices

The user will be able to select icons that will start an audio recording describing different pain management practices. These practices will also be context-specific.