

Menstrual Health Survey

Hello Everyone.....!!! ,

This survey is regarding my group project to analysis of menstrual health.

A menstrual health survey is a tool used to gather information about the menstrual experiences and attitudes of individuals. The survey can include a variety of questions related to menstrual health, such as frequency and duration of periods, symptoms experienced during menstruation, and attitudes towards menstruation and menstrual products. The data collected through a menstrual health survey can be used for my project to develop society for better cause.

* Indicates required question

1. Email *

2. Which age group are u belong ? *

Mark only one oval.

- ☐ 15-20 years
- ☐ 20-25 years
- ☐ 25-35 years
- ☐ 35-45 years

3. From which place are u belong ? *

Mark only one oval.

- ☐ pune
- ☐ mumbai
- ☐ nashik
- ☐ Other: _____

4.

*

Question 1. How often do you experience menstrual cramps?

Mark only one oval.

	1	2	3	4	5	
	<hr/>					
Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Everytime
<hr/>						

5. Question 2. On a scale of 1-5, how would you rate the severity of your menstrual cramps?

*

Mark only one oval.

	1	2	3	4	5	
	<hr/>					
low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	High
<hr/>						

6. Question 3. Do you use any methods to manage your menstrual cramps (such as over-the-counter medication or alternative therapies)?

*

Mark only one oval.

- ☐ take Safe Painkiller
- ☐ try some exercise
- ☐ use Heating Pad
- ☐ Some Herbal Tea
- ☐ Massage With Oils for Pain Relief
- ☐ Improving Your Diet
- ☐ Other: _____

7. que 4. How long does your menstrual cycle typically last? *

Mark only one oval.

- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days
- ☐ it varies

8. Que 5 .How would you describe the flow of your menstrual cycle (light, moderate, heavy)? *

Mark only one oval.

- ☐ light
- ☐ moderate
- ☐ Heavy

9. Que 6 .Have you ever experienced any unusual symptoms during your menstrual cycle ? *

Check all that apply.

- ☐ severe headaches
- ☐ fatigue
- ☐ abdominal pain
- ☐ mood swings
- ☐ Other: _____

10. Que 7. Are you satisfied with the management of your menstrual cycle? *

Mark only one oval.

☐ Yes

☐ No

11. Que 8 .Are there any questions or concerns related to your menstrual cycle that you would like to discuss with a healthcare professional? *

12. Que 9 . How was your mindset during menstrual cycle. *

Mark only one oval.

1 2 3 4 5

Low ☐ ☐ ☐ ☐ ☐ Feeling good

13. Que 10. Categorise on basis of (fine , good, stressed, depression, mood swings,etc) *

Check all that apply.

☐ Fine

☐ Good

☐ Stresses

☐ Depression

☐ Mood swings

☐ Other: _____

14. Que 11. Which menstrual product you used during menstruation ? *

Mark only one oval.

- ☐ sanitary pads
- ☐ menstrual cup
- ☐ sanitary napkin
- ☐ Other: _____

15. Que 12 . which area are u belong ? *

Mark only one oval.

- ☐ Rural
- ☐ urban
- ☐ semi- urban
- ☐ Other: _____

16. Did you feel any weakness during periods ? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Sometime

17. Do you have any pain in abdomen Idysmenorrheal ? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Sometime

Healthy Diet

There is a strong connection between diet and menstrual health. Eating a balanced diet that includes a variety of fruits, vegetables, whole grains, lean protein, and healthy fats can help regulate menstrual cycles.

18. Que 12 .Which diet you mostly prefer in these days *

Check all that apply.

- ☐ Pizza , Burger ,Sandwitch
- ☐ Healthy(home-made)
- ☐ fat-full , calories
- ☐ dairy products
- ☐ oily food
- ☐ fruits , etc
- ☐ Other: _____

19. Que 13. Have you ever tracked your menstrual cycle to see how it is affected by your diet? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ want to track

20. Que 14. Have you ever consulted with a healthcare professional or dietitian about your menstrual health or diet? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ see in afterwards

21. how much amount you drink water during this day ? *

Mark only one oval.

- ☐ 1-2 ltr approx
- ☐ 2-4 ltr approx
- ☐ 4-5 ltr approx
- ☐ it varies

Mental Health

Mental health is an important aspect to consider during menstruation.

It's important for individuals to take care of their mental health during this time by engaging in self-care activities, seeking support from friends and family, and seeking professional help if needed.

22. Rate on basis of - Do you feel that your menstrual cycle affects your overall mood? *

Mark only one oval.

	1	2	3	4	5	
No	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

23. Have you ever experienced depression or anxiety related to your menstrual cycle? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Maybe
- ☐ Sometime

24. Are you follows and believe in societal myths regarding menstrual cycle ? *

Mark only one oval.

- ☐ Yes
- ☐ No (but having proper scientific knowledge behind it)
- ☐ Yes Some of them
- ☐ Dont know

25. *
What is your opinion / suggestions / thoughts on menstrual health ?

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