Study Title: Mood changes related to the Luteinizing Hormone (LH) and Follicle-stimulating hormone (FSH) peaks during the menstrual cycle in women

**IF YOU ARE A FEMALE**

**18-30 y/o WITH REGULAR MENSTRUAL PERIODS PARTICIPATE IN THIS RESEARCH STUDY**

**This is your opportunity to contribute to better understand the mood changes that occur during the menstrual cycle. This research is for my doctoral dissertation (clinical psychology), but I believe that society may benefit from the results of this study.**

**This is a confidential study that will**

**take only minutes of your time**

**If you are interested, please call me at 619-721-4186. I will meet you at your convenience in a public place of your choice for about 15 minutes. There is no compensation for participation.**

*Protocol Summary: If you agree to be in this study, the following will happen to you: You will be filling out a daily mood questionnaire for a menstrual month (starts with the first day of your period and ends the day before your next period). If you are in the control group (women taking oral contraceptives), the mood questionnaire is all you will do. If you are in the experimental group (women not taking oral contraceptives), in addition to the daily mood questionnaire, you will also be testing at home for the LH peak with the Clearblue Digital Ovulation Test for up to 5 consecutive days. This test works like a pregnancy test by exposing the stick to your urine. It displays the result within 3 minutes. The Clearblue Digital Ovulation Test will be provided to you with instructions, as well as the mood questionnaire. It takes about 3 minutes a day to fill out the questionnaire and 5 minutes to do the ovulation test.*

*Exclusion criteria: Irregular menstrual cycles, Women on any medication (but for oral contraceptives), Breastfeeding or having had a baby in the last 6 months, Medical or gynecological problems, Having had a hysterectomy, Having psychological problems, or important problems in daily life, Trying to get pregnant and Non- English speaking women.*

**Thank you very much!**

**Ana Ocampo Rebollar, MA**