



Periods in a Pandemic

Page 1: Survey Information

Periods in a Pandemic: how UK period poverty initiatives are managing with Covid-19 related challenges

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We would like to invite you to take part in our research study, but before you decide to take part, here are some things you need to know...

What are we researching?

We would like to know how UK projects are managing some of the challenges linked to Covid-19 lockdown and restrictions, and how they are continuing to help people that struggle to afford period products (like pads and tampons) or that need education about periods and/or help with their menstrual health. This is also sometimes called 'period poverty'.

Why have I been asked to take part?

We'd like to hear about your experiences during the pandemic, and if you've needed help with your periods during lockdown.

What do I have to do, if I want to take part?

If you would like to take part in the project, you will need to fill in this survey. The survey is anonymous, so your name will not be linked to your survey responses. By completing the survey, and submitting your response, you have given permission for your anonymous data to be included in this research project.

The survey will take approximately 15 minutes to complete. It includes 'tick box' questions, and ones where you will be given space to write your own answers.

What if I change my mind?

If you change your mind while filling in the survey, you can exit at any stage and your responses will not have been recorded. However, once you submit the survey, it will not be possible to remove your data from the project.

Taking part in the study, or choosing not to take part, will not affect your access to any services that you are currently using.

Are there any risks to me?

We do not anticipate any risks to you. Your feedback will be used as part of a larger study, called 'Periods in a Pandemic: how UK period poverty initiatives are managing with Covid-19 related challenges'. What you say will be added together with feedback from others across the UK, and that will be used to inform people of how the Covid-19 pandemic has impacted upon

people that have experienced period poverty. We might also want to publish this information in a research article, or a book, or tell people about the study on a website or in a presentation. Your name will never be used.

Do I get any payment for taking part?

Due to the high response rate, we are no longer able to provide Amazon vouchers as we have limited funds.

Has anyone checked this is OK?

Yes they have! This study has been checked by Birmingham City University's Research Ethics Committee, who makes sure that we aren't doing any harm to people, and that we keep their information safe.

What if there is a problem, or if I have some extra questions?

You can contact Gemma if you have any questions about the study, or are worried about anything to do with taking part in it. Gemma is leading this research study, and she will be happy to answer your questions. Her email address is gemma.williams@bcu.ac.uk.

You can also email HELS_ethics@bcu.ac.uk if you are not happy with the way that the research has been undertaken, or if we haven't been able to answer your questions.

Before continuing with the survey, please confirm the following:

I have read the information and confirm that:

- I am over 16 years old

1. I am over 16 years old * *Required*

- ☐ Yes
- ☐ No

2. I would like to receive a £10 Amazon voucher, if funds become available to provide more vouchers *Optional*

☐ Yes

☐ No

2.a. Please provide your email address if you would like to receive a £10 voucher (to protect your anonymity, this information will be kept separate to your survey answers)

Page 2: Access to period products (pads, tampons etc)

3. Since Covid and lockdown, have you had any difficulties getting period products (like pads and tampons), or anything else you need for your period?

☐ Yes

☐ No

4. If you experienced difficulties, what were they? (Tick all that apply)

☐ Shops/supermarkets not having period products

☐ Not being able to afford period products

☐ Not having access to period products in my workplace

☐ Not being able to visit shops/supermarkets to buy period products

☐ Not being able to get period products from a support service I use

☐ Other

4.a. If you selected Other, please specify:

5. If you had difficulties getting the products you needed, what did you do? (Tick all that apply)

☐ I made my own using household items (like toilet roll, old clothes etc)

☐ I made my own reusable pads

☐ I contacted a charity that helps people with their periods

☐ I got some from a food bank

☐ I got some from my family

- ☐ I got some from my friends
- ☐ I got some from my workplace
- ☐ I didn't do anything
- ☐ Other

5.a. If you selected Other, please specify:

6. Before Covid/lockdown, did you ever have difficulties getting period products (like pads and tampons) or anything that you needed for your period?

- ☐ Yes
- ☐ No
- ☐ Other

6.a. If you selected Other, please specify:

7. If you had difficulties getting the products you needed, *before Covid/lockdown*, what did you do? (Tick all that apply)

- ☐ I made my own using household items (like toilet roll, old clothes etc)
- ☐ I made my own reusable pads
- ☐ I contacted a charity that helps people with their periods
- ☐ I got some from a food bank

- ☐ I got some from my family
- ☐ I got some from my friends
- ☐ I got some from my workplace
- ☐ I didn't do anything
- ☐ Other

7.a. If you selected Other, please specify:

8. If you didn't need help getting period products before Covid/lockdown, please tell us why you have needed help during this time (e.g. Did you lose your job/become furloughed? Did you have to shield or self-isolate?)

Page 3: Help/support with your periods

9. Where do you usually go to for support with your menstrual health, or if you have questions about your periods? (Tick all that apply)

- ☐ Family
- ☐ Friends
- ☐ Doctor/medical person
- ☐ Online support
- ☐ Community group
- ☐ School/University
- ☐ I don't talk to anyone
- ☐ Other

9.a. If you selected Other, please specify:

9.b. What sorts of things have you needed support/advice on (about your menstrual health or periods)?

10. Have you needed support/advice about your periods during Covid/lockdown?

- ☐ Yes
- ☐ No
- ☐ Other

10.a. If you selected Other, please specify:

10.b. What sorts of things have you needed support/advice on during this time (about your menstrual health or periods)?

10.c. If you needed support/advice, did you get the help you needed?

- ☐ Yes
- ☐ No
- ☐ Other

10.c.i. If you selected Other, please specify:

10.c.i.a. If you did not get the support/help that you needed, why was this?

10.c.ii. Where did you get the support/advice that you needed from?

- ☐ Family
- ☐ Friends

- ☐ Online support
- ☐ Community group
- ☐ Charity/organisation that helps with periods
- ☐ School/University
- ☐ Doctor/medical professional
- ☐ I haven't talked to anyone
- ☐ Other

10.c.ii.a. If you selected Other, please specify:

11. If you have needed to talk to a doctor/medical professional about your menstrual health or periods, during Covid/lockdown, did you manage to get an appointment?

- ☐ Yes - in person appointment
- ☐ Yes - telephone appointment
- ☐ Yes - online appointment
- ☐ No
- ☐ Other

11.a. If you selected Other, please specify:

11.b. Did the doctor/medical professional give you the support/help you needed?

- ☐ Yes

- ☐ No
- ☐ Other

11.b.i. If you selected Other, please specify:

11.b.ii. If they were able to help you, what sort of help did you get?

11.b.iii. If you did not get the support/help that you needed, why was this?

Page 4: Your periods during Covid/lockdown

12. Has your period or menstrual cycle changed in any way during Covid/lockdown?

- ☐ Yes
- ☐ No
- ☐ Other

12.a. If you selected Other, please specify:

12.b. If you have experienced changes, what has caused them? (Tick all that apply)

- ☐ Stress
- ☐ Having Covid-19
- ☐ Having the Covid jab/s
- ☐ I don't know
- ☐ Other

12.b.i. If you selected Other, please specify:

13. If you've experienced changes to your period or menstrual cycle during Covid/lockdown, please describe them

14. If you have experienced changes to your period/menstrual cycle, have you had to change how you normally manage your periods?

- ☐ Yes
- ☐ No
- ☐ Other

14.a. If you selected Other, please specify:

14.b. What sorts of things have you had to change?

Page 5: What would you do in the future?

15. If you needed help with your periods again during the pandemic or if we go back into lockdown, what would you do/who would you go to?

16. Please describe any improvements that you think could be made to support services (e.g. access to period products, access to support/help for your periods)

17. What would you like people to understand more of, about periods during the pandemic?

Page 6: Any other comments

18. Please add any other comments, or things you'd like to mention, in the space provided

Page 7: About you

Please provide as much information about yourself as you feel like. These questions are optional

19. Which age group describes you?

- ☐ 16-20
- ☐ 21-30
- ☐ 31-40
- ☐ 41-50
- ☐ 51-60
- ☐ Over 60

20. Please describe your gender

21. Please describe your ethnicity

22. If you identify as 'disabled', please provide details of your disability/disabilities

23. What is your preferred language to speak in?

24. What part of the UK do you currently live in?

- ☐ England
- ☐ Northern Ireland
- ☐ Scotland
- ☐ Wales

25. Which best describes you at the moment? (Tick all that apply)

- ☐ Employed full time
- ☐ Employed part time
- ☐ On furlough
- ☐ Full time student
- ☐ Part time student
- ☐ Caregiver (e.g. children/elderly)
- ☐ Stay at home parent
- ☐ Not currently employed
- ☐ Volunteer
- ☐ Other

25.a. If you selected Other, please specify:

25.b. If you are a full or part time student, are you a student at Birmingham City University?

☐ Yes

☐ No

26. Do you have any children/dependents?

☐ Yes

☐ No

☐ Other

26.a. If you selected Other, please specify:

26.b. If you do, how many do you have?

27. How would you describe your relationship status at the moment? (e.g. single, married,

living with partner, in a relationship)

28. Would you be interested in sharing your experiences/story in the future? For example, in future research projects, speaking at an event or as part of an awareness campaign about periods (Tick all that apply)

- ☐ Yes - I would be willing to be interviewed for research
- ☐ Yes - I would be willing to speak at an event
- ☐ Yes - I would be willing to share my experiences for an awareness campaign
- ☐ No
- ☐ Other

28.a. If you selected Other, please specify:

28.b. If you answered 'yes', please provide your preferred contact details in the space provided. These details will be kept separately from your survey responses, to protect your anonymity

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Thank you for taking part in our survey!

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#PeriodsInAPandemic

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