Menstrual Hygiene Management

A study on how user-friendly the menstrual cup is in a rural area of South Africa

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Menstrual Hygiene Management; a study on how user-friendly the menstrual cup is in a rural area of South Africa

Hygienisk hantering av menstruation; en studie över hur användarvänlig menskoppen är i ett landsbygdsområde i Sydafrika.

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Abstract
In rural areas of South Africa, there is a lack of education and implementation of menstrual hygiene management. The purpose of the study was to evaluate the suitability and hygienic safety of the menstrual cup used by girls and young women who have harsh living conditions. The study was performed in uMkhanyakude, KZN, South Africa, where the menstrual cup was introduced. The evaluation of the menstrual cup and the usage of it was carried out through interviews, forms, discussions and observations. Finally, the results from the follow-up was compiled to adapt the menstrual cup to the environment of rural areas of South Africa. It appeared that culture related problems were those which made the menstrual cup hard to implement. To minimize these issues, an idea was developed in the form of a model of a kit with a menstrual cup, a kettle and an informatory book.
Sammanfattning

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Abbreviations

MHM – Menstrual Hygiene Management
KZN – KwaZulu-Natal
WASH – Water, Sanitation and Hygiene
UN – United Nations
FDA – U.S. Food & Drug Administration
MDR – Medical Devices Regulation
USP – United States Pharmacopeia
SARS – The South African Revenue Service
VAT – Value-Added Tax
SDGs – Sustainable Development Goals
UWFDC – uMkhanyakhude Women’s Football Development Center
1 Introduction

There is a lack of education and implementation of menstrual hygiene management (MHM) in rural areas of South Africa. The financial ability to buy proper sanitary products each month is limited for a family in a South African rural area. Today girls and women use alternative materials instead of proper sanitary supplies, such as cotton, cloth, newspaper and even leaves. Apart from the extreme discomfort, these materials can lead to serious infections. Without proper sanitary supplies, their ability to participate in school, work and other activities is sacrificed. It has been estimated that one out of ten African school girls miss school during their period [1]. A way to review and examine this issue is to introduce a relatively new sanitary product, the menstrual cup. A menstrual cup is a healthier, more comfortable, more economical and a sustainable sanitary product in contrast to other sanitary supplies [2].

HELENA&PONTUS foundation has initiated a project called WoMensCup, where the focus is to improve the MHM by introducing menstrual cups in rural areas of uMkhanyakude, KZN, South Africa. UMkhanyakude is the fifth poorest municipality in South Africa, where a vast majority earn less than R1600 per month, i.e. $127 [3]. HELENA&PONTUS foundation was funded 1\textsuperscript{st} of June in 2017 by Helena and Pontus Tinnert and spurred from an idea that was formed during Mrs. Tinnert’s five voluntary work visits to South Africa since 2010. The foundation was created to concretize and expand their voluntary work. Their vision is to help people lift themselves and lead better lives to break the circle of hunger and poverty. During 2017, HELENA&PONTUS foundation raised money for menstrual cups that were introduced both to girls and women from rural areas of uMkhanyakude and to SAFA’s women’s football team, BanyanaBanyana, in January of 2018. HELENA&PONTUS foundation are building bridges from their collaboration with Football for Life which is an organization for women based in the district of uMkhanyakude. Football for Life uses football as a vehicle to give girls in rural areas of uMkhanyakude the opportunity to empower themselves and grow as human beings. As a result of their collaboration, the WoMensCup participants are connected to Football for Life. In the long term, the WoMensCup project is intended to support the formulation and implementation of policies and programs aimed at introducing acceptable, suitable and safe methods for menstrual management. Thus, strengthening reproductive health, rights and services for girls and women in South Africa.

As a part of the project WoMensCup a follow-up study to assess girls’ and young women’s acceptability, suitability and hygienic safety of using the menstrual cups will be performed three months after the introduction of the cups. This period of time will approximately correspond to three menstrual cycles. The long-term vision of this project coincides with some of the UN Sustainable Development Goals (SGDs) [4]. Thus, the ambition for the study is to work towards the SDGs’ targets 4.1, 5.6, 6.2 and 12.5 to fulfill the vision.

1.1 Aim

The aim of the project is to identify problems with the menstrual cup and the management of it, according to an interview study based on the experiences of the WoMensCup participants. One of the identified problems will subsequently be further investigated for a solution.

1.2 Limitation

The menstrual cups have been handed out to three different groups of girls and women. Group 1 consisting of young women from rural areas of uMkhanyakude, Group 2 consisting of women from rural areas uMkhanyakude with authority and Group 3 consisting of women connected to the football team BanyanaBanyana.
2 Background

To understand the introduction, a delving in the introduced subjects will be accessible in the background. Firstly, the phenomenon of menstruation is presented from a scientific point of view. Then, the menstrual cup and its benefits are presented as well as the properties of the menstrual cup used in this project, the MonthlyCup. It is of interest to look into previous projects in the area towards menstruating girls, both in the geographical area of uMkhanyakude but also in the area of menstrual cups. Further on, the importance of good menstrual hygiene management is stated and its connection to the UN Sustainable Development Goals leads to an explanation of the chosen targets within some of the goals.

2.1 Menstruation

The menstruation starts when a girl’s body enters puberty. The start of puberty varies from person to person, but normally it is between the ages of 8 to 15. The length of one menstrual cycle is between 24-38 days long and the menstrual period usually lasts between 2-7 days [5]. The menstrual cycle is a biopsychosocial phenomenon and a sign of reproductive health [6]. Further on, the same source implies that despite the fact that all women’s bodies have the same basic cycle, every woman experience their menstrual cycle differently, where culture context is a large part of the reason for this. In 2010 the UN declared access to sanitation as a human right which can apply to every menstruating girl and woman [7]. During their monthly menses, they should have a safe, clean and private manner in which to manage their menstruation with dignity [8].

2.2 Menstrual Cup

The first menstrual cup was manufactured in the 1930s without any large breakthrough [9]. Today U.S. Food & Drug Administration (FDA) considers the menstrual cup as a class II medical device [10]. This modern menstrual cup has risen on the market and is anticipated to rise at a steady state [9]. According to the same source, side effects from other menstrual products, such as tampons and panty liners, include vomiting, diarrhea, low blood pressure and dizziness drive the growth of the global menstrual cup market. A menstrual cup is a bell-shaped cup often made of health-grade, non-toxic, non-allergic silicone [2]. The menstrual cup is inserted into the vagina during menstruation and collects the flow, instead of absorbing it like a tampon or pad. It is claimed to be the most hygienic menstrual sanitary protection and it is reusable for every cycle [2]. The properties of a menstrual cup can vary depending on the supplier. The menstrual cup used in this project, the MonthlyCup, is made of medical grade silicone that consists of a mixture of the natural materials sand and coal [9]. Professor Karl Malcom of Queen’s Belfast University states that medical grade silicone is a silicone which is suitable for medical applications [12]. Malcom also suggests that the medical grade silicone must meet regulations regarding manufacture, biocompatibility and safety such as the EU Medical Devices Regulation (MDR) 2017/745 and the ISO standard 10993. There are six classifications of plastics, from I to VI, defined by the United States Pharmacopeia (USP) [13], where Malcom suggests that medical grade silicone is often certified as a USP class VI plastic. The MonthlyCup comes in three different sizes: Mini, Normal and Plus to suit different body shapes and different amount of flow [9]. Other qualities of the MonthlyCup is that it weighs 16g and does not contain anything else other than the silicone, no coloring agent or additives. The same source also implies that the MonthlyCup is made in Sweden to be able to have a close relation to the manufacturer and an insight in every step of the production process. Furthermore, it is stated that the MonthlyCup has a life span up to five years and it can be used for up to twelve hours at a time. In addition to this, the manufacturing process of one MonthlyCup creates less emission than ten tampons, where one menstrual cup corresponds to an average of about 1 700 tampons. A well-maintained cup is reusable and will
therefore not contribute to waste which makes the menstrual cup eco-friendly. In uMkhandeyakude, a menstrual cup costs about R350, i.e. $28, whereas a sanitary pad costs about R2, i.e. 16¢. To put that in perspective, the average woman uses approximately 240 pads per year which calculates to R2 400, i.e. $190, in five years [14]. As of 1 April 2018, the South African Revenue Service (SARS) implemented an increase in Value-Added Tax (VAT) where the VAT rate increased by one percent [15]. As a consequence, the sanitary supplies in South Africa have gotten even more expensive.

2.3 Previous Projects
WoMensCup will not be the first project investigating the potential of the menstrual cup in a rural area of uMkhanyakhude. The organization Star for Life has initiated a project coordinated by Mr. Sibonge, where the menstrual cups were introduced to ten girls in three of their schools [16]. Mr. Sibonge is a mobile health unit coordinator and a professional nurse and works for Star for Life. According to Mr. Sibonge, previous Star for Life-projects regarding the issue of menstrual hygiene management have been initiated, but this is the first that investigates the usage of the menstrual cup. Their focus is to introduce the menstrual cup to school girls in grade 10 to 12, i.e. under the age of 18. The method of their project has been to involve the parents in the information given about the menstrual cup to ease the usage of the menstrual cup and minimize cultural issues for the school girls. Their process includes an informational meeting, a contract signed by the girls and their parents, an initial evaluation and a final evaluation to follow up. Mr. Sibonge’s project is still ongoing, thus no result is concluded yet. Another project completed in the region of KZN was in the third most populous city in South Africa, Durban. The focus of the project was to evaluate the acceptability of the menstrual cup compared to pads or tampons in a low-income setting [17]. The result of that project was that the menstrual cup was highest rated in comfort, quality, blood collection, appearance and preference. The difference between the project in uMkhanyakhude and Durban is that one is performed in a rural area and one in a city respectively. There has been a previous commitment regarding menstrual management in 2017 by the KZN Department of Education, where free sanitary pads were handed out to school girls to reduce absenteeism and drop outs [18].

2.4 Menstrual Hygiene Management
The poor Menstrual Hygiene Management (MHM) that women in developing countries are facing has a big impact on their lives [19]. The definition of MHM made by UNICEF is as follows:

Women and adolescent girls use a clean material to absorb or collect menstrual blood, and this material can be changed in privacy as often as necessary for the duration of the menstrual period. MHM includes using soap and water for washing the body as required and having access to facilities to dispose of used menstrual management materials. [20]

Factors that can affect girls and women when dealing with poor MHM are vaginal infections due to unhygienic materials, negative attitudes due to socio-cultural factors such as shame or taboo and inability to attend school due to inadequate water, sanitation and hygiene (WASH) facilities [19]. The environmental impact is also affected by poor MHM due to lack of waste management of menstrual sanitary products, according to the same agency. These are all factors that this project is aiming to decrease which coincides with some of the UN Sustainable Development Goals.
2.5 UN Sustainable Development Goals

The UN Sustainable Development Goals are 17 goals of the Agenda 2030 that aim to achieve sustainable development in its three dimensions: economic, social and environmental by 2030 [4]. The same document also implies that the SDGs build on what the Millennium Development Goals did not achieve and are to be implemented collectively by all countries. Furthermore, the Agenda 2030 establishes 169 targets that are distributed over the 17 goals which are more specific and work as tools to achieve the SDGs. This project will work towards four of the targets listed in the Agenda 2030, which are:

4.1: By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes.
5.6: Ensure universal access to sexual and reproductive health and reproductive rights.
6.2: By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations.
12.5: By 2030, substantially reduce waste generation through prevention, reduction, recycling and reuse. [4]

A way to ensure that all girls complete secondary education, target 4.1, is to increase the number of attended days in school during the menstrual period. Since the project is focusing on improving the menstrual hygiene management in a rural area, this project is a way to work towards universal access to reproductive health, target 5.6. An adequate and equitable hygiene tool is the menstrual cup, target 6.2, due to its properties such as the gentle material for the body. A good characteristic with the menstrual cup is that it is reusable, which decreases the waste of menstrual hygiene products, target 12.5.
3 Method
The way the project, WoMensCup, has been carried out will be explained in chronological
order. The project begun with forming the documents for the project initiation. Then, three
different forms for the project follow-up was written. The project follow-up consisted of
interviews, questionnaires, a workshop, a field trip and home visits.

3.1 Initial documents
A contract was written that had to be signed by the girls and women who wanted to receive a
MonthlyCup, before they started using it (see Appendix 1). By signing a contract, the girl or
woman declare that she has understood how to use the menstrual cup and how to take care of
it. The WoMensCup contract was inspired by a contract from menskopp.se and RFSU
Halland used during their project in Senegal (see Appendix 2).

An initial evaluation was formed at the same time as the contract (see Appendix 3). The initial
evaluation contains questions about the girls’ and women’s preconditions and their initial
thoughts on the menstrual cup. This evaluation was made together with HELENA&PONTUS
foundation and was inspired from the initial evaluation which menskopp.se and RFSU
Halland designed for their Senegal project (see Appendix 4). This form was presented to all
the participants in the initial state of the WoMensCup, both to those who had agreed and to
those who had not agreed on using the MonthlyCup.

3.2 Project initiation
To initiate the WoMensCup project, Helena Tinnert went to South Africa for ten days in
January 2018. With her, she had the contracts, the initial evaluations and the MonthlyCups.

To introduce the menstrual cup, Mrs. Tinnert held a workshop in Hluhluwe at the
UMkhanyakude Women’s Football Development Center (UWFDC). During the workshop,
the participants were informed on how to use the menstrual cup, clean it and look after it.
There were 14 girls and women present who work as coaches or are players at Football for
Life. These coaches and players all live in rural areas of uMkhanyakude and are all at the age
18 and over. After the workshop was done, the participants of the workshop that were willing
to use the menstrual cup signed the contract, those unwilling did not. Out of the 14 workshop
participants, nine signed the contract. However, everyone wrote one initial evaluation each
and therefore all of the participants of the workshop are a part of Group 1.

The manager of the center, who participated during the workshop signed the contracts as well
and are a part of Group 2 consisting of women with authority. After the workshop, two
additional persons with authority in the district of uMkhanyakude wanted to be a part of
WoMensCup. Thus, there are three women in Group 2 who all signed the contract.

After introducing menstrual cups in Hluhluwe, Mrs. Tinnert went to Cape Town and met
BanyanaBanyana, which is the South Africa women’s national football team. The
introduction of the menstrual cup resulted in 15 girls and women to become participants of the
WoMensCup, referred to as Group 3. All 15 participants signed the contract and received a
menstrual cup.

3.3 Final documents
When the WoMensCup was initiated and the menstrual cups were introduced, the final
evaluations were made. These were finalized with feedback from and discussions with Mrs.
Tinnert and some participants from Group 2. The final evaluation was the underlying material
for the follow up process of the WoMensCup participants. It is of interest to follow up on the
issues that every project participant has experienced, even if they did not use the menstrual cup. Three different final evaluations were formed to reach all project participants based on the decisions they made. One evaluation for those who signed the contract and used the menstrual cup during their periods (see Appendix 5). Another evaluation for those who signed the contract, but due to different reasons were unable to use the menstrual cup during their periods (see Appendix 6). A third evaluation for those who did not sign the contract in the first place (see Appendix 7).

3.4 Project follow-up
To evaluate and thoroughly understand the WoMensCup participants’ experiences, the follow-up of the project needed to take place with the girls and women in South Africa. The approach for the follow-up procedure used was to conduct interviews (see Appendix 5-7), hold a workshop and to hand out evaluation forms in the shape of questionnaires to fill in (see Appendix 5-7).

As an initial state of the follow-up procedure, individual interviews with three coaches of the UWFDC from Group 1 were conducted. During the interview, one interviewer was asking the questions while the other one was taking notes on the computer and the interview was also recorded on a phone after consensus with the interviewee.

To gather participants in Group 1 and to take part of their experiences, a workshop was held at the UWFDC. Seven participants from Group 1 could not attend. The workshop started with an introduction of this project in general, its intentions and potentials. Then a discussion on MHM was held, where cards were handed out to everyone in the group with menstruation-related topics to start a discussion about their experiences. The cards were placed on the table in front of each participant. The top card presented the overall topic for the discussion, “menstruation”, and the underlying card showed the specific topic that should be discussed related to menstruation (see Appendix 8). To get more specific information on the menstrual cup, the group was then divided into two subgroups where they were asked to write pros and cons about different aspects of the menstrual cup (see Appendix 9). To wrap up the workshop, the group was asked to give suggestions on how the design of the menstrual cup should be and what they wanted the boiling pot for the menstrual cup to look like. After the workshop, a presentation about the importance of following-up on the menstrual cup experiences and implementing the menstrual cup in this environment was held. Then the forms were handed out for the participants to fill in. For the coaches unable to attend the workshop, home visits were arranged where they were asked to fill in one of the forms. To reach the players unable to attend the workshop, a field trip to the villages where they live was arranged for them to be able to fill in one of the forms near their homes.

In addition to the home visit with the purpose of filling in the final evaluations, several home visits were made to create an understanding on how the participants live. Their living standard and where they boil the cup, store it and rinse it. It also displayed the access to private space, water supply system and the formation of what a house could look like. The purpose of the visit was also to see how strong the culture could be in a household. To get a further insight of culture and to investigate the Zulu traditions’, a home visit with a traditional healer, called a sangoma, was arranged. The purpose of this meeting was to get a view whether the Zulu tradition would believe that the menstrual cup would affect the virginity or not, according to this sangoma. The meeting was held in her traditional hut on a grass mat on the floor. A translator communicated the questions and answers, since the sangoma only spoke IsiZulu.
Individual meetings with three out of four women in Group 2 were held. The fourth one was unable to participate in the follow-up of WoMensCup. Two of the women were interviewed about their experiences with the menstrual cup and one was briefly asked during a business meeting.

To evaluate the experiences regarding the menstrual cup from Group 3, Mrs. Tinnert was supposed to meet with the BanyanaBanyana team and bring the final evaluation forms for them to fill in. Since everyone in this group had signed the contract and received the menstrual cup, there were only two final evaluation forms to hand out; one for those who had used the menstrual cup and one for those who had not. Unfortunately, due to lack of response from the team, Mrs. Tinnert never got the opportunity to meet them for a follow-up.
4 Results
Results from interactions with those who have been introduced to the menstrual cup will be presented. The interactions have been through initial evaluation forms, a workshop, final evaluation forms and field observations. These results form the basis of the idea of a kit consisting of three components: a menstrual cup, a kettle for boiling the cup and an informatory book. These components are developed to reduce the problems faced with the menstrual cup and the usage of it.

4.1 Initial Evaluation Forms
From the initial evaluations, a basic knowledge of the girls’ and women’s prerequisites was given (see Appendix 10-12). Before being introduced to the menstrual cup, the majority of Group 1, 88%, and the majority of Group 2, 67%, used pads. The majority of Group 3, 60%, used tampons. The overall impression from the groups after they were introduced to the menstrual cup was that they could not see anything negative with the menstrual cup.

4.2 Workshop
The difficulties encountered with the menstrual cup that was gathered from the workshop is divided into four categories (see Appendix 9).

Usage:
- The menstrual cup was hard to remove.

Design:
- To make the menstrual cup suitable for girls the menstrual cup should be pink.

Cleaning:
- The need of access to clean water to rinse and boil the menstrual cup in, especially when you are not at home.
- The waste of water that is caused due to the rinsing and the boiling since it has to be thrown away.
- The difficulty of not having your own stove.

Culture:
- Cannot participate in church.
- Not allowed to cook for the family.
- The difficulty in being near boys.
- Cannot tell your father about your menstruation.
- The teasing in school when you are menstruating and need to change pads frequently.

4.3 Final Evaluation Forms
Out of the initial 33 participants, 17 girls and women were reached for a final evaluation. Eight of these 17 females signed the contract and used the menstrual cup (see Appendix 13), five signed the contract but did not use the menstrual cup during the three months (see Appendix 14) and four did not sign the contract and therefore did not use the menstrual cup (see Appendix 15 and Figure 1).
Of interest for the age distribution versus the usage, the participants are divided into four age-groups. The majority, 78%, of the participants who did not use the menstrual cup was between 18 and 25 years old (see Figure 2). Every participant who did not sign the contract and therefore did not get a menstrual cup was between the age of 18 and 25 years old (see Figure 2). Furthermore, it is shown that there is at least one participant in each age group who used the menstrual cup. According to results from the initial evaluation, everyone but one above 25 years old have at least one child. From the final evaluation, everyone but two above 25 years old have been using the menstrual cup. The majority, 78%, of those who did not use the menstrual cup are not mothers.

The participants’ experienced issues are divided into four categories: usage, design, cleaning and culture (see Figure 3). Within the category usage, the problems were related to difficulties with insertion and removal. Another problem is the uncomfortable feeling of having a sanitary
product inside the body. Issues regarding the design was the size, color and that the edge of the menstrual cup was too thick. Not having access to clean water is the biggest problem answered in the category of cleaning. The category culture contains problems such as having no one to talk to, being scared of unfamiliar concepts and wondering whether the menstrual cup will affect the virginity or not. Regardless of which form the participants filled in, they have experienced issues in multiple categories as shown in Figure 3. The same figure shows that the vast majority of the participants experiences difficulties with their culture in relation to the menstrual cup. What was not a problem for any participant using the menstrual cup, according to the final evaluation, was the access to private space.

![Bar chart over the number of participants who has experienced problems within four different problem categories for the three different final evaluations.](image)

**Figure 3:** Bar chart over the number of participants who has experienced problems within four different problem categories for the three different final evaluations.

### 4.4 Field Observations

Observations made from the field during the study have been of importance to contribute to the understanding of the South African and Zulu culture, tradition and society. The issue of virginity is of high dignity within the Zulu culture. Every year the reed dance ceremony, called the Umkhosi woMhlanga, is held to celebrate the virginity of the girls who passes the virginity test. The virginity test is conducted to make sure the girls’ virginity is kept. If they pass the test they get a certificate to prove their status as virgins. Virginity is seen as sacred and a way to preserve the purity of young Zulu girls and women. Umkhosi woMhlanga was reintroduced in 1991 by the Zulu king Goodwill Zwelithini to try to delay girls sexual debut and thus prevent transmission of HIV [21]. During the session with the sangoma, she explained that the virginity would not be affected by the menstrual cup due to the gentle way it is inserted. When asked what other traditional healers would think regarding the same subject the sangoma said that they should not say otherwise, and if they did it is due to lack of knowledge.

Through the encounters with the young girls and women, it has been shown that a strong trend in the new generation is to question the old traditions. The experience of having menstruation for the first time has been unpleasant for many of the girls and women. According to the Zulu tradition, the girl has to stay in a traditional hut or at home and not go to school during the whole period of her first menstruation. The lack of information and the isolation, which results in a feeling that something is wrong, makes the experience of menstruation a private matter. The culture of silence regarding menstruation is an issue in all different parts of society and does also contribute to the lack of support and knowledge. This makes the subject
of menstruation a non-acceptable topic of conversation and conduce to the difficulty for girls to seek support and advice about menstruation. Some girls can be unaware of what is happening to their bodies when they get their period before they learn about menstruation in school.

What has been shown at the home visits in rural areas is the lack of private space. In the South African culture family generations live under the same roof. In many homes the cooking takes place in the same hut as the sleeping. If there are bedrooms, it is very common to share bedroom with your sisters or other family members. This observation is supported by the results from the final evaluation where 71% said they share bedroom with at least one more. There are usually no toilets in the house, sometimes there is a shed on the yard that is used as a toilet.

4.5 WoMensKit
A model of a kit has been developed as a solution and a response to the results from the forms, the workshop and the observations. The kit is called WoMensKit and will contain a menstrual cup, a kettle for boiling the menstrual cup, the WoMensKettle, and a book with general information of menstruation called the WoMensBook.

The menstrual cup that is included in the WoMensKit is powder-pink, since the general perception is that pink makes the menstrual cup more suitable for girls (see Figure 4). For some, the menstrual cup is intimidating at first sight. To ease the image of the cup and the process of insertion and removal, the cup will have a less thick edge. To facilitate the process of when to empty the cup and the learning about your flow there will be indicators on the cup. These will let you know when you are safe from leakage and what the maximum limit is before it starts to overflow. The menstrual cup will be offered in three different sizes, small, medium and large but one kit will only contain one cup. The bag that the cup is stored in will be in the color of powder-pink and there will be no label or text on the bag of what it contains, discrete but feminine (see Figure 4).

![Figure 4: Powder-pink menstrual cup bag.](image)

To facilitate the boiling process of the menstrual cup, the idea of a WoMensKettle was developed (see Figure 5). The color of the kettle will be in same color as the menstrual cup, which is powder-pink. The kettle will be in a suitable size so that the bigger size of the cup will fit inside, the outer diameter of the kettle will be 10 cm and the height as well. This small size of the kettle will make sure that the amount of water is kept to a minimum. There will be a lid to keep some discretion of what is in the kettle, and holes to make sure the water can boil when the lid is on. The intended material of the kettle is inspired by the Flame® ceramic from the company Emile Henry [22]. Their ceramics have good qualities which are desirable for the use of the WoMensKettle. For example, the Flame® ceramic is non-toxic since it is made of local Burgundy clay and it is versatile, so it can be used on an electric stove, a gas stove, in the microwave and presumably also over an open fire as requested from the feedback. The kit
will also offer a tripod stand with a concentric ring (see Figure 5) as a support for the kettle when used over open fire. If you are not allowed to or does not want to boil the menstrual cup in the kitchen the open fire-solution will be of use. This option contributes to the discretion of the boiling process.

![Figure 5: Powder-pink WoMensKettle and a tripod stand with a concentric ring.](image)

The WoMensBook will be an illustrative and explanatory book which contain information about the reproductive system, menstruation, menstrual hygiene management and a user’s manual for the menstrual cup. The book will also touch on subjects such as virginity, safe sex and HIV/AIDS to expand the knowledge in these areas. Apart from being a book with information, the book will also show a way to talk about menstruation in a fun way and serve as a place for support where there will be features such as frequently asked questions. It is important to give information about the reproductive system since it explains why there is the phenomenon of menstruation every month. Information about menstruation could be about how different the flow is for girls, that you can experience menstrual cramps and that every tenth girl have endometriosis. It is very important to mention the importance of being clean when handling the menstruation to stay away from infections. Problems regarding the usage of the menstrual cup has been about the insertion, when the cup is inside and the removal of the menstrual cup. In order to reduce these kind of problems, there will be several different folding techniques presented in the book on how to insert the menstrual cup. To minimize the fear of having to put a sanitary product inside, explanatory images of what the inside of a woman’s lower abdomen look like will be presented. The book will also encourage girls and women to explore themselves to simplify the usage of the menstrual cup. The information presented in the book will be in both English and IsiZulu to facilitate the reading of the book.

This kit, with all its three components, will together facilitate the usage of the menstrual cup. In addition to this, the anticipation of the infomratory book is to increase awareness and knowledge of menstruation and its connecting subjects.
5 Discussion
The structure of the discussion will be as follows. Firstly, the initial evaluation, the follow-up and the field observations will be discussed. Then, an analysis of the results from the three previously mentioned stages will be presented, where the results will be connected and compared to each other. Further on, there will be a review on how the project has followed the chosen SDGs’ targets. The WoMensKit, its importance and the possibilities it brings for the girls in the region will then be presented, evaluated and further discussed as the result of all the information gathered during all the stages of the project. Finally, a discussion on what further needs to be done and what the next step is for future work of this project will be considered.

5.1 Initial Evaluation Forms
The result of the initial evaluation forms shows that the majority of the participants in WoMensCup do not have any negative opinions about the menstrual cup, even though it is a new and an unfamiliar product to them. It appears to be hard for the participants to see or share the possible problems ahead regarding the usage of the menstrual cup. This might be a consequence of the South African pleasing culture, their fear and shyness of questioning openly. Because of this culture issue, it was important that Mrs. Tinner mentioned problems that the girls could face ahead, during her workshop. Through this method, problems are mentioned, but not by the participants themselves. By having someone from the outside announcing the issues before they are encountered might create problems instead of enlightening them. For the girls and women to feel free to question and talk freely, the environment has to be open, safe and non-judgmental. However, when there are new people present in a group and the topic of discussion is taboo, this environment is really hard to create.

5.2 Follow-up
Out of 33 participants in the WoMensCup project, 17 were reached for a follow-up and answered the final evaluation which means that not every participant has shared their experiences and issues with the menstrual cup. Apart from not being able to reach all the 33 participants, there were also difficulties to get all of the participants from Group 1 to the workshop. There are possible reasons for the lack of interest and communication. One reason could be that someone who has agreed to try the menstrual cup, actually did not. Another reason might be that the topic of menstruation is sensitive, so some might not be keen on reflecting on it. A third reason is that the participants do not have a place to meet regularly, which makes it hard to get in contact with them. The issue of context, the setting of where and how the participants meet, was something that initially was considered in the WoMensCup project. However, the notion is that the group in the context need to meet regularly for it to be effective, both for the participants to encourage and help one another with the menstrual cup and for the WoMensCup initiators to reach the participants for the follow-up. A final reason could be that it is unusual for a small do-good-project to do a follow-up, and that the participants are unfamiliar with the importance of doing follow-ups.

The initial process of the data acquisition was to conduct interviews with all of the participants of Group 1 and 2. After some interviews, it was realized that the original idea was not feasible. The first interviews had gone quite well, but those interviews were with coaches. If those interviews would have been with players, they would not have been equally successful. Possible reasons for this setup might be due to talking to a stranger about an uncomfortable subject, having a language barrier, recording the conversation and so on. Since the interviews would not have been viable for everyone, the new plan for the rest of the
participants was to hold a workshop for the coaches and players at the UWFDC to alleviate tension and to make the participants who know each other talk freely and become comfortable with the subject. It was also decided that the different forms should be filled in by hand, instead of having interviews, to make it easier to share their experiences. What was lost when choosing to have the forms filled in was the ability for the interviewers to ask questions and getting an understanding to the answers given. The positive thing is that the project could get feedback from one who had moved from uMkhanyakude. However, the personal connection to the participants is unfortunately lost. Since not everyone was able to attend the workshop, it was decided to arrange home visits to the coaches and a field trip to the players still not interviewed. The participants were more willing to meet if it was at their home or at a place in their village. This might be due to the costs of having to travel far and that you feel safer at your home. The coaches were met with at their homes and the players were visited in their villages, since some of the players chose to keep the project WoMensCup apart from their family’s knowledge.

During the workshop, it was important to create a comfortable and safe environment where the girls could share all of their experiences and not be judged by them. There were many cultural obstacles to overcome before a comfortable environment could be reached, such as different nationalities, having different color of skins, speaking different languages, not knowing each other and coming from different cultures. Regarding the different cultures, South Africa and other African countries are considered to be high-context cultures while Sweden and other Scandinavian countries are considered low-context cultures [23]. Qualities that indicate a high-context culture are for example that change is slow, non-verbal communication is significant, and relationships build slowly [23]. Low-context culture is defined by qualities such as fast changes, verbal communication and relationships that begin and end quickly [23]. A good friend who could translate and is from the same culture as the participants, helped to facilitate the language barrier and made sure the answers were not influenced during the translation in any direction. However, no matter how good translator, an element of personal influence from the translator on the information will always be transferred and information may be lost in translation. In a course called Intercultural Competence held at The Royal Institute of Technology by Alena Ipanova, a quote from the author Bernard Werber was shared about this matter.

Between what I think, what I want to say, what I say, what I believe I say, what you want to hear, what you hear, what you believe you hear, what you want to understand, what you believe you understand, and what you remember of it, there’s some room for misunderstanding… [24]

A positive effect from the project being a do-good-project with a follow-up where the implementation of the menstrual cup is scrutinized, is that both good and bad feedback are equally important and relevant to the project. If the feedback is good, that is an indication of that the menstrual cup works in this environment, if the feedback is bad there are improvements to be made for the menstrual cup to be more adapted to the district. This way of working has resulted in questions not being biased and not being angled in any direction in the hope of getting a specific answer.

The vast majority experienced difficulties with their culture and the menstrual cup (see Figure 3). Examples of reasons could be the issue of virginity, that it is uncommon using a sanitary product within the body and that new things are progressively accepted over time. In the Zulu culture you are treated differently when you are on your period, such as not being allowed to be in the kitchen during the period and thus not being able to boil the menstrual cup. In
addition, there is a loneliness and a lack of information regarding the menstruation within the culture. These are reasons to why it is important to adapt the menstrual cup to the culture and the environment, rather than the other way around. The menstrual cup already has qualities that could minimize the issue of being treated differently when having menstruation. One quality is that it is hard for anyone else to see if someone is on their period when having the menstrual cup, which minimizes the issue of not being able to attend church and being teased at in school. To reduce the barrier between the culture and the menstrual cup the focus was on making the WoMensKit discrete and informative.

5.3 Field Observations
Field observations is an important factor in contributing to additional facts and a depth of the survey responses. Some of the observations shows different results than the answers written on the forms. The final evaluations show that everyone that used the menstrual cup do have a private space at home where you can insert and remove the menstrual cup. However, during the home visits it was shown that there is a lack of private space in the homes of the participants. This might be due to several things, but the main is that the term “private space” is not defined. The lack of definition leaves space for free interpretation. The private space meant in the form is a room where the participants, in peace and quiet, can learn the process of insertion and removal. Not as in being outdoors alone or a bedroom you share with several others. The issue regarding virginity and its difficulty together with the usage of the menstrual cup was mainly noticed due to observations. The fear is that the virginity will be ruined when inserting the menstrual cup inside. However, nowhere, in any form or interview, is the issue of virginity mentioned as an obstacle, a concern or a problem. The virginity test is seen as a sacred process and is rarely talked about, although it is seen as a proud part of the Zulu culture. The virginity culture in Sweden is very different to this, which makes this issue hard to discuss and understand from both parts. To reflect on these two subjects that have differed in the results from the follow-up and the observations, it can establish the difficulty in getting a proper and accurate image of the problems and the difficulties that the implementation of the menstrual cup is facing.

The questioning of old traditions and the curiosity of new ways that have been encountered as a trend in the younger generation, and especially in younger mothers, has been of importance to this study in order to make it successful. There has been a shift in the generations regarding the issue of menstruation. By the way the participants describe their experience of the older generation handling the issue of menstruation, it is hard to see that they will continue the same way of handling it with their children if they have the option to choose. If the mother in a family experienced a challenging way of her parents handling the issue of menstruation when growing up, it might be easier for her to break the culture of silence regarding menstruation to be a support for her child. This way she can make sure her child does not have to go through the same process the way she did. Women without children might not have the same spirit of breaking the culture of silence since their biggest concern is their own menstruation, not anyone else’s.

5.4 Connecting the evaluations
To understand the results better, a comparison between the initial and the final evaluation is discussed.

In the initial evaluation, the majority of the girls and women of Group 1 and 2 stated that pads were used as a sanitary supply, before the menstrual cup was introduced. Since the majority initially used pads and a big problem in the final evaluation was connected to the insertion and removal of the menstrual cup, it looks like there is an overall issue with putting a sanitary
product inside the body. For Group 3, where the majority used tampons, there might not be any problem with inserting the menstrual cup and not any questions about whether or not the menstrual cup affects the virginity. The reason could be because the participants of Group 3 already have used a sanitary supply which is used inside the vagina.

All of the participants in WoMensCup claimed to have access to clean water in the initial evaluation. Still it was mentioned as a problem in the follow-up (see Figure 3). The reason for this could be that the access to clean water varies a lot or that the definition of “access to clean water” is different from person to person. In addition to this, it might be embarrassing not to have access to clean water and having to write it in the initial form that was filled in while sitting in groups. To have access to clean water might mean that it is clean after it has been boiled or that you have to walk a long way to get it. Those who mentioned clean water as a problem, fortunately did not use the menstrual cup. A hypothesis from the beginning was that the biggest issue would be the lack of access to clean water. The problems with the menstrual cup and the usage of it is in fact due to the cultural issues (see Figure 3).

Out of the seventeen participants who did a follow-up, nine did not use the menstrual cup (see Figure 1). One reason for that could be the effect of peer pressure. The participants that signed the contract but did not use the menstrual cup might have signed the contract because their peers did, when they knew from the beginning that they did not want to try it. Some heard other participants being unhappy with the menstrual cup and then deciding not to try it. Another reason might be the obligation to obey the requirements on a signed contract. If a participant has signed the contract but not used the menstrual cup, this might be shameful to admit. This concern might lead to faulty results if the participant claims to have used it, but actually did not. This can be related to the previously mentioned pleasing culture, where you say what the other part wants to hear, just to please. Another reason might be that the majority of those who did not use the menstrual cup are not mothers.

Of those who used the menstrual cup in the age of 25 and over, everyone but one is mothers of at least one child (see Figure 2). By being a mother one might be more familiar with the lower abdomen and thus being able to use the menstrual cup, unlike the women without a child. It might also be because they have a bigger understanding on what the menstrual cup can do. They can see beyond the minor difficulties of e.g. insertion and removal. These mothers also understand what difference the cup can make for their child when the menstruation can be handled in a proper and sanitary way, already from the beginning. In addition to this, there is a financial benefit for the whole family if one or two family members can use the menstrual cup instead of pads. The understanding of these factors may not be of concern to a girl between the ages of 18 and 25 where the majority does not have children and did not use the menstrual cup (see Figure 2).

5.5 UN Sustainable Development Goals
The long-term vision of this project was to work towards four of the SDG’s targets listed in Agenda 2030.

Target 4.1 has been the most difficult one to work towards since the majority of the participants of this project is over 18 and does not go to school anymore. However, the results from this study can contribute in the future work of trying to implement the menstrual cup to school girls, which is a success by itself and one step of getting closer to the target. The implementation in school is a more challenging task since girls under 18 have to have a guardian, preferably a parent, to sign a consent form. This means that the process of
informing and handing out the cups is a greater mission since the parent and the girl must be present, and the guardian has to be convinced, accept it and agree on being a support.

Target 5.6 is the reason why the WoMensBook is developed. In this book there is information about sexual and reproductive health. The whole project is a movement towards fulfilling this target since the menstrual cup is encouraging sanitary and safe MHM in areas where menstruation is a challenging task. Good MHM contributes to sexual and reproductive health.

Target 6.2 is definitely a goal that has been worked towards during this whole project. For the girl that is satisfied with the menstrual cup, an access to adequate and equitable sanitation and hygiene has been provided. The results from those who are not satisfied with the product have been taken in consideration and improvements have been made in order to provide adequate and equitable sanitation and hygiene for all.

Target 12.5 regarding responsible consumption is also a target that is worked towards just by successfully implementing the menstrual cup by itself since it is reusable and environmental friendly. The cup prevents the waste consumption that is made from sanitary products like pads and tampons. In addition to this, the small size of the kettle has made it possible to reduce the water consumption needed for the boiling and is reusable for a lifetime with menstrual cups.

5.6 WoMensKit

The idea of the model WoMensKit was formed as a product of the different problems faced by the girls and is in line with the four targets from the UN Global Goals, to adapt the menstrual cup to the environment. The biggest problem concluded is the cultural issues and its various forms. Within the cultural issue, there are things to consider such as discretion, cultural rules and the lack of information. Every part of the kit has its own purpose. This way the kit will guarantee not only safe usage of the menstrual cup but also knowledge about menstruation, sex, HIV/AIDS and more. It is a safety for the user to have the whole kit, but also to the distributor who can be ensured that the user has all the information and the parts needed to make the usage of the menstrual cup a success.

The WoMensKit will consist of three different components, the menstrual cup, the WoMensKettle and the WoMensBook. One suggestion from the participants is that the menstrual cup, the accompanying bag and the kettle should be pink to show that the product is for girls (see Figure 4). A discrete color of pink, powder-pink, was chosen for the model to adapt the product to the environment where menstruation is supposed not to be seen or talked about. The challenge in making the menstrual cup pink is the issue of coloring agent. Since the menstrual cup is known for its gentle material to the environment and the body, the coloring agent and the cup has to originate from natural resources for the cup to keep its trademark. The process of coloring can be a challenging task that needs to be thoroughly and carefully prepared.

Since the menstrual cup needs to be boiled and the menstruating girl cannot be in the kitchen and lacks private space, the kettle and its tripod stand will be made so the kettle can be used over an open fire (see Figure 5). To be able to boil the cup with the kettle outdoors under an open fire makes a difference for the girls that want to be really discrete with the boiling process. An open fire can be made anytime, anywhere and without anyone knowing. The decided material for the kettle is the specific type ceramic due to its properties. A ceramic kettle can manage to be places on a direct heating source, such as a stove top or an open fire.
In addition to this, the ceramic material allows the kettle to be heated in a microwave. This allows the kettle to be used in homes with varying conditions and arrangements. Ceramic clay has a natural origin which contributes to the authenticity of the kit and falls in line with the bio-friendly menstrual cup. The kettle will also be made small to be discrete and to reduce water waste. When using a big kettle, that is initially made for cooking, for boiling the cup, the water needed to cover the cup is a lot in a home where the access to water is scarce. The kettle can easily be stored or hidden somewhere safe thanks to its convenient and small size. The kettle cannot be mistaken for a kettle made for food because of the small size and the pink color of the kettle. Due to the silence culture about menstruation, the information about menstruation is scarce for a girl. This raised an idea that there should be more information given to girls when receiving the menstrual cup. Not only a user’s manual about the menstrual cup, but also information about the reproductive system, menstruation and virginity. By providing an informational book, such as the WoMensBook, about taboo and stigmatized subjects in this environment, the girl could be supported in the journey to womanhood. The intention of this book is to provide support, but also open up to conversation. Hopefully, the WoMensKit will provide the support a girl in a challenging environment needs to be able to manage her menstruation in a good, safe and sustainable way. If a girl can have a good MHM through a menstrual cup, she can feel fresher and cleaner. With good MHM there is also the benefit of not easily getting rashes, infections and not having to worry about leakage. As a result of feeling fresher and not worrying about leakage, the self-esteem could be enhanced. To move freely for a whole day without having to worry, gives a sense of owning your menstruation instead of being a subject to menstruation. When there is a feeling of owning yourself, it is easier to feel empowered and to dare to dream of a greater life. Due to this feeling of empowerment, the girls might feel more confident. Without having to change the culture, the WoMensKit is a small step to create an environment where it is possible to manage the menstruation in a safe and sustainable way. It is possible that the WoMensKit would be suitable in other districts of South Africa or in other developing countries where good MHM is needed. However, since the majority of the problems are culture related, it is important to do a new revision analysis. These cultural issues might look different in districts within South Africa and in other countries.

In order for the WoMensKit to be developed and produced, there are several aspects to consider beforehand. First of all, the idea of the WoMensKit should be patented since we need investors to our voluntary project and trademark protected, to keep this unique idea a sole right. Secondly, the manufacturing process is a new field for the project’s initiators and needs to be further investigated. Initially the manufacturing process of the kit can be placed in Sweden to get an insight and to learn about the process of fabrication. This observation can create an understanding on costs, where the difficulties of making the kit lies when the production is in Sweden and if it would be different if the production would take place in South Africa. The ambition is to take a part of the production process of the kit to South Africa and by this increase the proportion of women working in production and to reduce the unemployment in the country. The third aspect is that the project should grow in a financially sustainable way. To investigate the financial aspect of the WoMensKit it is interesting to look at the economy within the production process as mentioned above. Another aim is the possibility of the WoMensKit to be equally or less costly as buying pads during a woman’s fertile period, which approximately lasts for 35 years. It can be estimated that it would cost about R16 800 for a woman to buy pads in South Africa for her entire fertile period, based on what it costs for five years as referenced in the background of this thesis. Consequently, that amount of money should be distributed over one WoMensKettle, one WoMensBook and
seven menstrual cups. If the cost of the menstrual cup in the WoMensKit can be kept to a price similar to other menstrual cups in South Africa, which is around R350, the budget for a WoMensKettle and a WoMensBook is around R14 350 which is a number that seems viable.

A greater vision for the project is that the WoMensKit should be distributed to all school girls when they start middle school to ensure that all girls have the ability to access good MHM for the rest of their lives. The price of a WoMensKit must therefore be competitive in order for the Department of Education to start distributing WoMensKit instead of traditional pads. A competitive price is also important for older women looking to buy the WoMensKit.

5.7 Future Work
To have a specific context of where the participants meet regularly and to do follow-up are the two most important insights from the WoMensCup project that will be carried on in future work. A specific context will not only facilitate the follow-up process, but it will also be easy to get in touch with one another if complications would appear. Different contexts considered for future implementation of the menstrual cup are for example church, school, sisters of those with a menstrual cup and work.

Since the project’s initiators will not be present at all times, it needs to proceed and grow in a sustainable way. To further evolve the project, it needs to become independent from the projects initiators. Out of the participants who were a part of the follow-up, one agreed on being an ambassador for the WoMensCup project in Hluhluwe. She is satisfied with the menstrual cup, has no problem with discussing sensitive subjects and is devoted to working with youths in the community. This ambassador will thereby become responsible for the new context where menstrual cups will be handed out to sisters of those girls and women who were satisfied with the menstrual cup given to them. By working in the context of sisterhood, every new participant of the project will have someone to talk to about their period and the menstrual cup. Another context that she will be responsible for is to introduce the menstrual cup to some selected mothers in the village church to increase knowledge to other mothers and for those to talk about menstruation with their children.

It is important to encourage a continuous discussion about menstruation between the girls but also try to make it a subject for discussion between mothers and daughters. It is easy to fall back into old ways and well-worn paths and become a victim of the silence culture that is a present issue, which is why menstruation has to be a frequently recurring topic of discussions to prevent this.
6 Conclusion
Problems regarding the menstrual cup were identified through interviews, but also through forms, discussions and observations from some of the WoMensCup participants. From all the gathered information, culture related issues were the category of problems that was identified. Through review and analysis of the culture related issues, the solution prototype, WoMensKit, was designed.
7 References


[16] F. Sibonge, Interviewee, Mobile Health Unit Coordinator, Professional Nurse.
[Interview]. 20 April 2018.


Appendices
Appendix 1: WoMensCup Contract

WoMensCup Contract

I hereby declare:

- That I have understood the given information on how to use and clean my Monthly Cup
- That I don’t have urinary tract infection or other vaginal infection
- That I will keep my Monthly Cup for myself
- That I will take care of my Monthly Cup and keep in its bag in a safe place (away from animals, insects etc.) between periods
- That I will never ever share my Monthly Cup with someone else
- That I will not sell my Monthly Cup to someone else
- That I will try my Monthly Cup for at least 3 periods
- That I will fill in the initial evaluation before using the Monthly Cup and the final evaluation when contacted.
- That I participate in WoMensCup project and that the use of the Monthly Cup is at my own risk.

Date:

Place:

Name attendee:

Name WoMensCup:

Please don’t hesitate to ask questions by e-mail helena74.tinnert@gmail.com

We wish you all the best and good luck with your new Monthly Cup!
Appendix 2: MonthlyCup Contract

Monthly Cup Contract

I hereby declare:

☐ That I have understood the given information on how to use and clean my Monthly Cup
☐ That I do not have any sexually transmitted disease
☐ That I don’t have urinary tract infection or other vaginal infection
☐ That I will keep my Monthly Cup for myself
☐ That I will take care of my Monthly Cup and keep in its bag in a safe place (away from rats etc.) between periods
☐ That I will never ever share my Monthly Cup with someone else
☐ That I will not sell my Monthly Cup to someone else
☐ That I will try my Monthly Cup for at least 3 periods
☐ That I will fill in an evaluation after 3 periods and after 6-9 periods using my Monthly Cup

Date:
Place:
Name:

Please don’t hesitate to ask questions by e-mail: Charlotte.Drugge@rfsu.se

I wish you all the best and good luck with your new Monthly Cup!

Charlotte Drugge, midwife and chairman of RFSU Halland

The Swedish Association for Sexuality Education
Appendix 3: WoMensCup Initial Evaluation

WoMensCup Initial Evaluation

Date: 
Name: 

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? ......................................................................................................................

2. Do you have children? ................................................................................................. 2.2. How many? .................................................................................................................

3. Do you have menstruation every month?
   a. Yes   b. No  
   Comment: .............................................................................................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes   b. No  
   Comment: .............................................................................................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little   b. Normal   c. Much

6. How do you manage your menstruation?
   a. Pads   b. Tampons   c. Cotton wool   Other: .................................................................

7. Does your menstruation stop you from attending school?
   a. Yes   b. No  
   Comment: .............................................................................................................................

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes   b. No  
   Comment: .............................................................................................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: .............................................................................................................................
   .........................................................
   b. Negative: .............................................................................................................................
   .........................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    ..............................................................................................................................................

11. Do you have access to clean water: .....................................................................................

12. Do you have any questions about the Monthly Cup? ...............................................................
    ..............................................................................................................................................
Appendix 4: MonthlyCup Initial Evaluation

Monthly Cup Initial Evaluation

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you?........................................................................................................................................

2 a. Do you have children?........................................ 2 b. How many?.........................................................

3. Do you have menstruation every month?................................................................................................

4. How do you manage your menstruation?
   a. Pads   b. Tampons   c. Cotton wool   Other:..................................................................................

5. What is your opinion about using the Monthly Cup?
   a. Positive:...........................................................................................................................................
   ...................................................................................................................................................................
   b. Negative:........................................................................................................................................
   ................................................................................................................................................................

6. Do you have any concerns regarding boiling the Monthly Cup after each period?
   ...................................................................................................................................................................

7. Do you have access to clean water?:
   ..............................................................................................................................................................

8. Do you have any questions about the Monthly Cup?:.................................................................
   ................................................................................................................................................................

Date:
Appendix 5: Interview Questions – Contract Used

Final evaluation of the MonthlyCup
Interview Questions: Contract Used

General questions
1. Name
2. Age
3. Date
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
5. Family set up at home? Who is making decisions at home/ who is the family head?
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
7. How many persons are you sharing bedroom with?
8. Water supply system; public tap/family tank/river?
9. How many months a year does your community have water shortage?
10. Do you have access to water in your school or at your workplace?
11. At what age did you have your first menstruation?
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:

Why?

1. Have you used the menstrual cup during your menstruation these last three months?
   - Yes □ □ No □ □
     - If No, how long did you use the menstrual cup for?
       E.g. one time or less/ during one menstrual cycle.

   If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative

3. Are you satisfied with your menstrual cup?
   - Yes □ □ No □ □

4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?

6. What would you say are the benefits of using a menstrual cup?

7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing.
   - Yes □ □ No □ □
     - If Yes, what was the issue? How did you manage it? How did you solve it?

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   - Yes □ □ No □ □
     - If No, how do you feel about it? How do you solve it?

9. Have you had any problems regarding the cleaning of the cup e.g. the rinse or the boiling of the cup?
   - Yes □ □ No □ □
     - If Yes, what was the issue? How did you manage it? How did you solve it?
10. Have you had any problems regarding the design of the cup?
   E.g. shape, color, size, overall design.
   Yes ☐ No ☐
   - If Yes, what was the issue? How did you solve it?

11. Have you had any problem with anything else, other than cleaning, usage and the design?

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
   E.g. stress, anxiety, worry etc.

13. Have your feelings changed when you started using the menstrual cup?

14. Have you found a convenient place to store your cup? (yes or no)
   E.g. out of reach for other family members, animals, insects.

15. Does your family know that you have been using a menstrual cup?
   Yes ☐ No ☐
   - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
   - How has their reaction been?
   - If No, is there any particular reason for that?

16. Does your extended family and relatives know that you have been using a menstrual cup?
   Yes ☐ No ☐
   - If Yes, how has their reaction been?
   - If No, is there any particular reason for that?

17. Do your friends know that you have been using a menstrual cup?
   Yes ☐ No ☐
   - If Yes, how has their reaction been?
   - If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
19. During your periods when using the menstrual cup have your attendance in school changed?
- If Increased, how many days a month would you estimate you were not able to attend school?
- If Decreased, is there any particular reason for that?

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
- If Yes, why?
- If No, in what way did you feel restricted?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
- If Yes, in what way?

22. Will you continue to use the menstrual cup?
- If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
- If No, why?

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
- If No, why?
25. Would you recommend the menstrual cup to others?

Yes ☐ No ☐

- If Yes, why and to whom?
- If No, why?
Appendix 6: Interview Questions – Contract Not Used

Final evaluation of the Monthly Cup

Interview Questions: Contract Not used

General questions
1. Name
2. Age
3. Date
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.*
5. *Family set up at home? Who is making decisions at home/ who is the family head?*
6. *How much are the family heads decisions influenced by tradition?*
   *E.g. church, ancestry.*
7. How many persons are you sharing bedroom with?
8. *Water supply system; public tap/family tank/river?*
9. How many months a year does your community have water shortage?
10. Do you have access to water in your school or at your workplace?
11. At what age did you have your first menstruation?
1. What was the reason for not being able to use the menstrual cup?

2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo, design.

3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.

4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.

5. During your periods are you/were you able to attend school?
   Yes ☐ No ☐
   - If No, why?
     E.g. leakage, worrying about leakage etc.
   - How many days a month would you estimate you were not able to attend school?

6. During your period, do you feel restricted from being active?
   Yes ☐ No ☐
   - If Yes, why?

7. Would you like to try to use the menstrual cup again?
   Yes ☐ No ☐

8. What would you like to change for you to be able to try the menstrual cup again?
Appendix 7: Interview Questions – No Contract

Final evaluation of the MonthlyCup

Interview Questions: No Contract

General questions
1. Name:
2. Age:
3. Date:
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
5. Family set up at home? Who is making decisions at home/ who is the family head?
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
7. How many persons are you sharing bedroom with?
8. Water supply system; public tap/family tank/river?
9. How many months a year does your community have water shortage?
10. Do you have access to water in your school or at your workplace?
11. At what age did you have your first menstruation?
1. Why did you choose not to participate in the pilot of trying a menstrual cup?

2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo.

3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.

4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.

5. During your periods are you able to attend school?
   Yes ☐ No ☐
   - If No, why? Leakage, worrying about leakage etc.
   - How many days a month would you estimate you’re not able to attend school?

6. During your period, do you feel restricted from being active?
   Yes ☐ No ☐
   - If Yes, why?

7. What would you like to change for you to be able to try the menstrual cup?
Appendix 8: Workshop – Overall Discussion Topics
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Appendix 9: Workshop – Specific Discussion Topics

BOILING PROCESS

I do put my small dog in... some people are not sure... I thought about that... I was just thinking...
Culture

Some people understand what Richardson is.

They do tell us about our culture and Richardson, how it lined.

We are free to cook in other family members, that they are free to do it.

Church

When they know that you're in Richardson, they cleaned you with holy water.

Now we are free to go to church as we were before.

When you're in Richardson, you can't cook for family.

You can't tell your father the situation you are into.

They give you cows to stay alone in the room without telling to boy.

You can't go closer nor near boy.

You can't eat inside of your home cattle.

You can't participate at church.
Since I got a cup I do save much.
Now I can save a lot of money in two months.
I do share with others about cup and they can save much money.

ECONOMY

Negace one after 1444 I bought new one with high quality that cost RM6.49.
Negace if they can't afford to give us pot, we have the same way using tin.
FAMILY

+ Lit your family about the cup so that they will give you a support.

- Need to know about the term and condition of the cup.

- Teach the young kid about the cup.

- Don't war about term and condition.

- Keep your cup in safety place and other person not allowed to use it.
HYGIENE

- Make sure your hands are always clean and take a bath if you need to.
- Boil your cup before use and then use it.
- Rinse your cup with water and let it dry.
- Don’t share the cup.
- Don’t throw the caps in the environment.
- Need water.
- Wash your hands first.
LEAKAGE

- If the cup is inserted right, you won't leak.
- You don't have to change it like the pad.
- Cup last for 12 hours.

- Sometimes pads don't work.
RINSING

Use water to clean your cup.

After using your cup in menstruation, cup boiled it with clean water then put it back in the bag.

If you don't have enough water, use wipes or tissues. For that moment, after using it is put everywhere without fear, and it's where things came.

May after you left it every where, maybe the child could come and tell it. In order to think it just a toy.
SCHOOL/WORK

For School mealcup is good because you can't go in and out as you like any longer. And, it's where every everyone comes you send...

At home, you have to keep it clean and so much time of yours. Because after a while you go and clean up your cup.

It is good to a woman to have a cup in School so that they (men) use to laugh when the girl is in menstruation. It gives private and self-esteem.
STORAGE

- It is good to keep your cup safe.
- Keep your cup clean in the safe bag and clean.
- Keep your pot in the good position in the place you know where, there is no one can touch nor used it.
- Keep your tea in good place too.
- Keep it under your bed nor anyone bedroom is safe.

N.B. It's bad to let your pillow where everybody used to be.
4. To lose your cup just like a toy.
WASTE

+ The good thing is you don't have to waste anything above the cup.
+ You don't need to buy packs.
+ After 10 years, you need to get another cup.
WATER SUPPLY

- After boiling your cup, you need to throw out the water.

- Don't use the water that isbow on the side because someone can use that water to rinse anything else. It might not be clean.

- If you need more water to rinse and boil.

- It is easy to use the cup.

- Feel clean.
WoMensCup Initial Evaluation

Date: 18/01/18  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? ................................................................. 38 YEARS

2.1. Do you have children? ..................................................... 2.2. How many? ............................................................... 3

3. Do you have menstruation every month?
   a. Yes ✓  b. No  Comment: ....................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes ✓  b. No  Comment: ....................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little    b. Normal ✓  c. Much

6. How do you manage your menstruation?

7. Does your menstruation stop you from attending school?
   a. Yes ✓  b. No  Comment: ....................................................

8. Does your menstruation stop you from attending physical activity (for example football)?
   a. Yes ✓  b. No  Comment: ....................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: ................................................................. THAT IT DOESN'T HAVE SIDE EFFECTS
   b. Negative: ................................................................. N/A

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    Boiling kills ill germ ..................................................... YES

11. Do you have access to clean water: ............................................. NO

12. Do you have any questions about the Monthly Cup? ..........................................

WoMensCup Initial Evaluation.doc  1(1)  20/02/08
WoMensCup Initial Evaluation

Date: 13/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? Yes

2.1. Do you have children? Yes

2.2. How many? 1

3. Do you have menstruation every month?
   a. Yes  
   b. No  
   Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  
   b. No  
   Comment:

5. During your menstruation – how would you estimate your issue of blood?
   a. little  
   b. Normal  
   c. Much

6. How do you manage your menstruation?
   a. Pads  
   b. Tampons  
   c. Cotton wool  
   Other:

7. Does your menstruation stop you from attending school?
   a. Yes  
   b. No  
   Comment: It is still continue.

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  
   b. No  
   Comment: It is still continue.

9. What is your opinion about using the Monthly Cup?
   a. Positive: 

   b. Negative: if your use cost your save money for beds.

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    
11. Do you have access to clean water:  

12. Do you have any questions about the Monthly Cup: No
WoMensCup Initial Evaluation

Date: 3-01-2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? .................................................................................................................................
   38 YEAR OLD

2.1. Do you have children? ....................................................................................................................
   2.2. How many? ..................................................................................................................................
   YES

3. Do you have menstruation every month?
   a. Yes  b. No  Comment: MENSTRUATION PAIN IN THE FIRST DAY

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment: ....................................................................................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other: NEWS PAPER

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment: I DO EVERYTHING DURING MY MENSTRUATION

8. Does your menstruation stop you from attending physical activity (or ex playing football)?
   a. Yes  b. No  Comment: ....................................................................................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: FIRST IS TO SAVE MONEY FROM BUYING ORADS LESS INFECTION FROM COTTON ORADS
   b. Negative: I WILL ENCOURAGE MY VARIETY SINCE I'M BLEEDING TOO MUCH BECAUSE I HAVE TO USE THE BIG CUP

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: YES

12. Do you have any questions about the Monthly Cup? NO
WoMensCup Initial Evaluation

Date: 13/01/2018  
Name: 

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 26 years old.

2.1. Do you have children? Yes  
2.2. How many? 2

3. Do you have menstruation every month?
   a. Yes  
   b. No  
   Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  
   b. No  
   Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  
   b. Normal  
   c. Much  

6. How do you manage your menstruation?
   a. Pads  
   b. Tampons  
   c. Cotton wool  
   Other: None

7. Does your menstruation stop you from attending school?
   a. Yes  
   b. No  
   Comment:

8. Does your menstruation stop you from attending physical activity (for example playing football)?
   a. Yes  
   b. No  
   Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: Monthly cup is much better, it will decrease expenses of buying pads monthly because it lasts 10 years.
   b. Negative: None

10. Do you have any concerns regarding boiling the Monthly Cup after each period?  
   No

11. Do you have access to clean water:  
   Yes

12. Do you have any questions about the Monthly Cup?  
   No
WoMensCup Initial Evaluation

Date: 13/10/2018

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions.

Thank you!

1. How old are you? 25 years old

2.1. Do you have children? Yes 2.2. How many? 2

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other: Newspaper

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for e.g. playing football)?
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: My opinion is that menstrual cup you use it once every 10 years and it save money to buy pad
   b. Negative: N/A

10. Do you have any concerns regarding boiling the Monthly Cup after each period? No

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? No
WoMensCup Initial Evaluation

Date: 13/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? 20 years old

2.1. Do you have children? No

2.2. How many?

3. Do you have menstruation every month?
   a. Yes □  b. No □  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes □  b. No □  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little □  b. Normal □  c. Much □

6. How do you manage your menstruation?
   a. Pads □  b. Tampons □  c. Cotton wool □  Other:

7. Does your menstruation stop you from attending school?
   a. Yes □  b. No □  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes □  b. No □  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: I have used this menstrual cup and it is great because I will be saving money and will not have to buy pads anymore.
   b. Negative: N/A

10. Do you have any concerns regarding boiling the Monthly Cup after each period? No

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? I do not have any!

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WoMensCup Initial Evaluation

Date: 13-01-2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? ____________________________

2.1. Do you have children? ________________________  2.2. How many? ________________________

3. Do you have menstruation every month?
   a. Yes    b. No    Comment: ________________________

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes    b. No    Comment: ________________________

5. During your menstruation - how would you estimate your issue of blood?
   a. Little    b. Normal    c. Much

6. How do you manage your menstruation?
   a. Pads    b. Tampons    c. Cotton wool    d. Other: ________________________

7. Does your menstruation stop you from attending school?
   a. Yes    b. No    Comment: ________________________

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes    b. No    Comment: ________________________

9. What is your opinion about using the Menstrual Cup?
   a. Positive: It’s a good idea to use a menstrual cup because every month must be some money
                 saved.
   b. Negative: Menstrual cup don’t share on you.

10. Do you have any concerns regarding boiling the Menstrual Cup after each period?
     a. Yes, because it's hot and it will spread disease
     b. No, because every

11. Do you have access to clean water:  a. Yes, because there is water
     b. No, because we need water at all!

12. Do you have any questions about the Menstrual Cup?
WoMensCup Initial Evaluation

Date: 13 Jan 2015  
Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 13 years old

2.1. Do you have children? None

2.2. How many? None

3. Do you have menstruation every month?
   a. Yes  b. No  Comment: It’s great cause it cleans the body.

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment: Cause the blood it keeping the dirty things.

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other: None

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment: Cause it’s important to go to school.

8. Does your menstruation stop you from attending physical activity (or ex playing football)?
   a. Yes  b. No  Comment: Cause it’s important to stay in positive.

9. What is your opinion about using the Monthly Cup?
   a. Positive: It’s a great idea because you will stay comfortable and it doesn’t harm if you put it in.
   b. Negative: I think it’s bad if the monthly cup go inside and it not getting out.

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    - Yes  - No because it will be clean and safely.

11. Do you have access to clean water: - Yes so that it will remove germs.

12. Do you have any questions about the Monthly Cup? - No because I heard all question clear and it is a good idea to use it.
WoMensCup Initial Evaluation

Date: 13 January 2018  Name: 

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 18

2.1. Do you have children? No  2.2. How many? None

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other:

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: I think it is a good way of managing menstruation. It is especially to those who play sports or attend sports to their culture. It is not good because some parents will think of losing virginity.
   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup?: How this menstrual cup affect any internal organs while you are inserting it?
WoMensCup Initial Evaluation

Date: 13 Jan 19

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions.
Thank you!

1. How old are you?

2.1. Do you have children? Yes

2.2. How many?

3. Do you have menstruation every month?
   a. Yes  b. No
   Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No
   Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other

7. Does your menstruation stop you from attending school?
   a. Yes  b. No
   Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No
   Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: It is going to help me save some money... You never have to worry about having it on your time.
   b. Negative: No

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    No

11. Do you have access to clean water?
    Yes

12. Do you have any questions about the Monthly Cup?
    None
WomensCup Initial Evaluation

Date: 13/01/2018
Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? 19 yrs

2.1. Do you have children? NO

2.2. How many? None

3. Do you have menstruation every month?
   a. Yes ✓
   b. No
   Comment: -

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes
   b. No ✓
   Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little
   b. Normal ✓
   c. Much

6. How do you manage your menstruation?
   a. Pads ✓
   b. Tampons
   c. Cotton wool
   Other

7. Does your menstruation stop you from attending school?
   a. Yes
   b. No ✓
   Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes
   b. No ✓
   Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: It is cheap and you can use it for long period of time. It does not have side effects.
   b. Negative: Not Applicable

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water?

12. Do you have any questions about the Monthly Cup? No
WoMensCup Initial Evaluation

Date: 13 Jan 2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? .................................................................
   a. 50 years old

2.1. Do you have children? .........................................................
   a. No

2.2. How many?

3. Do you have menstruation every month?
   a. Yes
   b. No

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes
   b. No

5. During your menstruation - how would you estimate your issue of blood?
   a. Little
   b. Normal
   c. Much

6. How do you manage your menstruation?
   a. Pads
   b. Tampons
   c. Cotton wool
   d. Other:

7. Does your menstruation stop you from attending school?
   a. Yes
   b. No

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes
   b. No

9. What is your opinion about using the Monthly Cup?
   a. Positive: I think it is a good idea to use a menstrual cup because it's easier and it's a way to save money.
   b. Negative: I think it is a little bit uncomfortable because it can be difficult to put it inside.

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water? Yes

12. Do you have any questions about the Monthly Cup? No, I don't have any questions.

Questions because Helena explain all things clearly.
WoMensCup Initial Evaluation

Date: 13/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 15 years old

2.1. Do you have children? No 2.2. How many? None

3. Do you have menstruation every month? A: Yes B: No Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes B: No Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little b. Normal c. Much

6. How do you manage your menstruation?
   a. Pads b. Tampons c. Cotton wool Other:

7. Does your menstruation stop you from attending school?
   a. Yes B: No Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes B: No Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: I think it's a good idea because it save money to buy pads
   b. Negative: 

10. Do you have any concerns regarding boiling the Monthly Cup after each period? It's essential to keep the cup clean after using.

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? No everything is clear.
WoMensCup Initial Evaluation

Date: 13-01-2016  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? ________________________________
   Age: 18 years old

2.1. Do you have children? [ ] Yes [ ] No
   Number of children: 1

2.2. How many? ________________________________

3. Do you have menstruation every month?
   [ ] Yes [ ] No
   Comment: ________________________________

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes [ ] No
   Comment: ________________________________

5. During your menstruation - how would you estimate your issue of blood?
   a. Little [ ] Normal [ ] Much
   Comment: ________________________________

6. How do you manage your menstruation?
   a. Pads [ ] Tampons [ ] Cotton wool [ ] Other
   Comment: ________________________________

7. Does your menstruation stop you from attending school?
   a. Yes [ ] No
   Comment: ________________________________

8. Does your menstruation stop you from attending physical activity (or ex playing football)?
   a. Yes [ ] No
   Comment: ________________________________

9. What is your opinion about using the Monthly Cup?
   a. Positive: I think it's good to use this Monthly Cup.
   b. Negative: ________________________________
   Comment: ________________________________

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    Comment: ________________________________

11. Do you have access to clean water: [ ] Yes [ ] No
    Comment: ________________________________

12. Do you have any questions about the Monthly Cup? [ ] Yes [ ] No
    Comment: ________________________________
WoMensCup Initial Evaluation

Date: 16-01-2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? .................................................................

2. Do you have children? ......................................................... 2. How many? .................................................................

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:.................................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:.................................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads ✓ b. Tampons  c. Cotton wool  Other:.................................................................

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment: I don't attend school.

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No  Comment:.................................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: It is a long-term solution  
       b. Negative: ........................................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: .................................................................

12. Do you have any questions about the Monthly Cup?  No

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WoMensCup Initial Evaluation

Date: 
Name: 

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you?

2.1. Do you have children? No 2.2. How many? N/A

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other:

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: Hygienic and reusable Environment friendly
   b. Negative: N/A

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup: No
WoMensCup Initial Evaluation

Date: 21/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 30

2.1. Do you have children? No 2.2. How many?

3. Do you have menstruation every month?
a. Yes  
b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
a. Yes  
b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
a. Little  
b. Normal  
c. Much

6. How do you manage your menstruation?
a. Pads  
b. Tampons  
c. Cotton wool  Other:

7. Does your menstruation stop you from attending school?
a. Yes  
b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
a. Yes  
b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive:

   I want to try it and think it will allow me to be active longer without any worry.

   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water?

12. Do you have any questions about the Monthly Cup?

Appendix 12: Answers Initial Evaluation – Group 3
WoMensCup Initial Evaluation

Date: 2/1/2018
Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? .................................................................

2. Do you have children? .................................................. No 2.2. How many? .................................................................

3. Do you have menstruation every month?
   a. Yes b. No
   Comment: ........................................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes b. No
   Comment: ........................................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little b. Normal c. Much

6. How do you manage your menstruation?
   a. Pads b. Tampons c. Cotton wool Other: ..............................

7. Does your menstruation stop you from attending school?
   a. Yes b. No
   Comment: ........................................................................

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes b. No
   Comment: ........................................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: ........................................................................

   b. Negative: ........................................................................

   Comment: ........................................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period? Yes

11. Do you have access to clean water: ........................................................................

12. Do you have any questions about the Monthly Cup? No
WoMensCup Initial Evaluation

Date: 21/01/2023

Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 50+ years

2.1. Do you have children? No

2.2. How many? N/A

3. Do you have menstruation every month?
   a. Yes
   b. No
   Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes
   b. No
   Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little
   b. Normal
   c. Much

6. How do you manage your menstruation?
   a. Pads
   b. Tampons
   c. Cotton wool
   Other:

7. Does your menstruation stop you from attending school?
   a. Yes
   b. No
   Comment:

8. Does your menstruation stop you from attending physical activity (e.g. playing football)?
   a. Yes
   b. No
   Comment: Sometimes

9. What is your opinion about using the Monthly Cup?
   a. Positive: Travel alert and not always able to change tampons
   b. Negative: New to us

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    No concerns

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? No

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WoMensCup Initial Evaluation

Date: 21/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 20

2.1. Do you have children? No 2.2. How many? 0

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other:

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive: Great idea to help my fellow south African friends who don’t have the means to buy Tampons/Wads.
   b. Negative: The concept of using the cup is scary but worth it.

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    No

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? No
WoMensCup Initial Evaluation

Date: 21/01/18           Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? ..........................................................................................................................

2.1. Do you have children? No ...................................................... 2.2. How many? ..............................................

3. Do you have menstruation every month?
   a. Yes   b. No  Comment: ........................................................................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes   b. No   Comment: ........................................................................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little   b. Normal   c. Much

6. How do you manage your menstruation?
   a. Pads   b. Tampons   c. Cotton wool   Other: ........................................................................

7. Does your menstruation stop you from attending school?
   a. Yes   b. No   Comment: ........................................................................................................

8. Does your menstruation stop you from attending physical activity (or ex playing football)?
   a. Yes   b. No   Comment: ........................................................................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: It saves money and personally I think it is more clean.

   b. Negative:

   ...............................................................................................................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

    ...............................................................................................................................................

11. Do you have access to clean water: ............................................................................................

    ...............................................................................................................................................

12. Do you have any questions about the Monthly Cup? No

    ..............................................................................................................................................
WoMensCup Initial Evaluation

Date: 21/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 
2. Do you have children? 
2.1. How many?

3. Do you have menstruation every month? 
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection? 
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood? 
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation? 
   a. Pads  b. Tampons  c. Cotton wool  Other:

7. Does your menstruation stop you from attending school? 
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)? 
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup? 
   a. Positive: I find it interesting and known able to use it for years & it's cost saving. 
   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period? 

11. Do you have access to clean water: 

12. Do you have any questions about the Monthly Cup? 

-----------------------------------------------
WoMensCup Initial Evaluation

Date: 21/09/18  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? 39

2.1. Do you have children? No  2.2. How many?

3. Do you have menstruation every month?
   a. Yes  b. No

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other:

7. Does your menstruation stop you from attending school?
   a. Yes  b. No

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No

9. What is your opinion about using the Monthly Cup?
   a. Positive: It's cost effective, made of silicone, which is safe, lasts longer if looked after properly
   b. Negative: ____________________________

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    a. No  b. Yes

11. Do you have access to clean water: ____________________________

12. Do you have any questions about the Monthly Cup? No

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WoMensCup Initial Evaluation

Date: 21/01/2018

Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? 25

2. Do you have children? No

3. Do you have menstruation every month?
   a. Yes
   b. No

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes
   b. No

5. During your menstruation - how would you estimate your issue of blood?
   a. Little
   b. Normal
   c. Much

6. How do you manage your menstruation?
   a. Pads
   b. Tampons
   c. Cotton wool
   Other:

7. Does your menstruation stop you from attending school?
   a. Yes
   b. No

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes
   b. No

9. What is your opinion about using the Monthly Cup?
   a. Positive:
   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    No

11. Do you have access to clean water:
    Yes

12. Do you have any questions about the Monthly Cup?
    No
WoMensCup Initial Evaluation

Date: 21/01/2018

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? .................................................................
   a. Yes b. No  Comment: ..........................................................

2. Do you have children? ....................................................
   a. Yes b. No  Comment: ..........................................................

3. Do you have menstruation every month?
   a. Yes b. No  Comment: ..........................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes b. No  Comment: ..........................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Pads  b. Tampons  c. Cotton wool  Other:  ..........................................................

7. Does your menstruation stop you from attending school?
   a. Yes b. No  Comment: ..........................................................

8. Does your menstruation stop you from attending physical activity (for example playing football)?
   a. Yes b. No  Comment: ..........................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: It really saves a lot of money and it’s easy to use and you can keep it forever (10 years)
   b. Negative: ..............................................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period?
    a. Yes b. No  Comment: ..........................................................

11. Do you have access to clean water: ....................................................

12. Do you have any questions about the Monthly Cup? ........................................

........................................................................................................

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WoMensCup Initial Evaluation

Date: 
Name: 

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 

2. Do you have children? 
   a. Yes 
   b. No 

3. Do you have menstruation every month? 
   a. Yes 
   b. No 
   Comment: 

4. Have you had repeated urinary tract infection or other vaginal infection? 
   a. Yes 
   b. No 
   Comment: 

5. During your menstruation - how would you estimate your issue of blood? 
   a. Little 
   b. Normal 
   c. Much 

6. How do you manage your menstruation? 
   a. Pads 
   b. Tampons 
   c. Cotton wool 
   Other: 

7. Does your menstruation stop you from attending school? 
   a. Yes 
   b. No 
   Comment: 

8. Does your menstruation stop you from attending physical activity (e.g. playing football)? 
   a. Yes 
   b. No 
   Comment: 

9. What is your opinion about using the Monthly Cup? 
   a. Positive: 
   b. Negative: 

10. Do you have any concerns regarding boiling the Monthly Cup after each period? 
    a. Yes 
    b. No 

11. Do you have access to clean water? 
    a. Yes 
    b. No 

12. Do you have any questions about the Monthly Cup? 
    a. Yes 
    b. No 

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WoMensCup Initial Evaluation

Date: 21/03/2018 Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions.
Thank you!

1. How old are you? 46 [fill in age for my 12 year old] x

2. Do you have children? YES 2.2. How many? 0’s GIRLS

3. Do you have menstruation every month?

   a. Yes   b. No   Comment: [fill in comment for my children girl]

4. Have you had repeated urinary tract infection or other vaginal infection?

   a. Yes   b. No   Comment: [fill in comment]

5. During your menstruation - how would you estimate your issue of blood?

   a. Little   b. Normal   c. Much

6. How do you manage your menstruation?

   a. Pads   b. Tampons   c. Cotton wool   Other: 

7. Does your menstruation stop you from attending school?

   a. Yes   b. No   Comment: [fill in comment]

8. Does your menstruation stop you from attending physical activity (or ex playing football)?

   a. Yes   b. No   Comment: [fill in comment]

9. What is your opinion about using the Monthly Cup?

   a. Positive: The cup will be good especially when attending school.

         Handling it in between periods?

   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: Most of the time

12. Do you have any questions about the Monthly Cup?
WoMensCup Initial Evaluation

Date: ___________________________ Name: ___________________________

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? ___________________________ 19

2.1. Do you have children? ___________________________ 2.2. How many? ___________________________

3. Do you have menstruation every month?
   a. Yes   b. No
   Comment: ___________________________

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes   b. No
   Comment: ___________________________

5. During your menstruation - how would you estimate your issue of blood?
   a. Little   b. Normal   c. Much

6. How do you manage your menstruation?
   a. Pads   b. Tampons   c. Cotton wool   Other: ___________________________

7. Does your menstruation stop you from attending school?
   a. Yes   b. No
   Comment: ___________________________

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes   b. No
   Comment: ___________________________

9. What is your opinion about using the Monthly Cup?
   a. Positive: ___________________________
      Will save time when attending classes
   b. Negative: ___________________________
      Handling method

10. Do you have any concerns regarding boiling the Monthly Cup after each period? ___________________________

11. Do you have access to clean water: ___________________________

12. Do you have any questions about the Monthly Cup? ___________________________
WoMensCup Initial Evaluation

Date: 21/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions! Thank you!

1. How old are you? 23

2. 1. Do you have children? No  2. How many?

3. Do you have menstruation every month?
   a. Yes  b. No  Comment:

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes  b. No  Comment:

5. During your menstruation - how would you estimate your issue of blood?
   a. Little  b. Normal  c. Much

6. How do you manage your menstruation?
   a. Tampons  b. Cotton wool  c. Other

7. Does your menstruation stop you from attending school?
   a. Yes  b. No  Comment:

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes  b. No  Comment:

9. What is your opinion about using the Monthly Cup?
   a. Positive:
      It is cheaper using a cup

   b. Negative:

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: Yes

12. Do you have any questions about the Monthly Cup? How do you feel the cup?
WoMensCup Initial Evaluation

Date: Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions.
Thank you!

1. How old are you? __________________________

2.1. Do you have children? ____________ 2.2. How many? __________________________

3. Do you have menstruation every month?

a. Yes  b. No  Comment: __________________________

4. Have you had repeated urinary tract infection or other vaginal infection?

a. Yes  b. No  Comment: __________________________

5. During your menstruation - how would you estimate your issue of blood?

a. Little  b. Normal  c. Much

6. How do you manage your menstruation?

a. Pads  b. Tampons  c. Cotton wool  Other: __________________________

7. Does your menstruation stop you from attending school?

a. Yes  b. No  Comment: __________________________

8. Does your menstruation stop you from attending physical activity (for ex playing football)?

a. Yes  b. No  Comment: __________________________

9. What is your opinion about using the Monthly Cup?

a. Positive: __________________________

b. Negative: __________________________

10. Do you have any concerns regarding boiling the Monthly Cup after each period?

11. Do you have access to clean water: __________________________

12. Do you have any questions about the Monthly Cup? __________________________
WoMensCup Initial Evaluation

Date: 21/01/2018  Name:

Mark the answer that corresponds to you or write your answer on the line. Please answer all questions!
Thank you!

1. How old are you? .............................................................. 23

2.1. Do you have children? .............................................. No ............ 2.2. How many? ......................................................... 6

3. Do you have menstruation every month?
   a. Yes .......................................................... b. No .................................................. Comment: ..........................................................

4. Have you had repeated urinary tract infection or other vaginal infection?
   a. Yes .......................................................... b. No .................................................. Comment: ..........................................................

5. During your menstruation - how would you estimate your issue of blood?
   a. Little .................................................. b. Normal .................................................. c. Much ..........................................................

6. How do you manage your menstruation?
   a. Pads .................................................. b. Tampons .................................................. c. Cotton wool .................................................. Other: ..........................................................

7. Does your menstruation stop you from attending school?
   a. Yes .......................................................... b. No .................................................. Comment: ..........................................................

8. Does your menstruation stop you from attending physical activity (for ex playing football)?
   a. Yes .......................................................... b. No .................................................. Comment: ..........................................................

9. What is your opinion about using the Monthly Cup?
   a. Positive: .......................................................... 
      It seems like a great concept
      Looking forward to use it and see how it works
   b. Negative: ..........................................................

10. Do you have any concerns regarding boiling the Monthly Cup after each period? ..........................................................

11. Do you have access to clean water: ..........................................................

12. Do you have any questions about the Monthly Cup? ..........................................................

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Appendix 13: Answers Interview Questions – Contract Used

Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions
1. Name: Anonymous
2. Age: 26
3. Date: 16 April 2018
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.*
   Rural area
5. Family set up at home? Who is making decisions at home/ who is the family head?
   Making my own decisions. I am my own family head.
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.*
   Mix of what family thinks and what tradition says.
7. How many persons are you sharing bedroom with?
   Three, my sisters
8. Water supply system; public tap/family tank/river?
   Tank
9. How many months a year does your community have water shortage?
   It varies
10. Do you have access to water in your school or at your workplace?
    Uses water tanks, taps don’t have water
    Toilets are bad, the students clean the toilets themselves.
11. At what age did you have your first menstruation?
    15 years
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:
Why?

Wanted to know about the menstrual cup, as I am working with girls I want to have knowledge and experience. To have fact and evidence to convince others. Good that it lasts for 10 years. To learn know more about the advantages and disadvantages.

1. Have you used the menstrual cup during your menstruation these last three months?
   - Yes ☒ No ☐
     - If No, how long did you use the menstrual cup for?
       E.g. one time or less/ during one menstrual cycle.

   If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative
   Good because I don’t feel the cup during my menstruation and because I don’t need to buy pads.

3. Are you satisfied with your menstrual cup?
   Yes ☒ No ☐

4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.

Pads

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   You can feel when you are wearing a pad, it can give you rash due to perfumes e. g. Pads can leak.

6. What would you say are the benefits of using a menstrual cup?
   The cup is impressive since many can not afford buying pads, 25R/month. The cup will bring change.

7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing
   Yes ☐ No ☒
     - If Yes, what was the issue? How did you manage it? How did you solve it?

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes ☒ No ☐
   Open space at home, only mother and sisters.
     - If No, how do you feel about it? How do you solve it?
9. Have you had any problems regarding the cleaning of the cup? E. g. the rinse or the boiling of the cup?
   Yes ☐ No ☒
   - If Yes, what was the issue? How did you manage it? How did you solve it?
     I have my own material that I use to boiling.

10. Have you had any problems regarding the design of the cup?
    E. g. shape, color, size, overall design.
    Yes ☐ No ☒
    But at first it looked big.
    - If Yes, what was the issue? How did you solve it?

11. Have you had any problem with anything else, other than cleaning, usage and the design?
    No problems.

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
    E.g. stress, anxiety, worry etc.
    Sometimes stressed. If you don’t have time to change pads, and when you do: where to put that pad? And worry about leakage.

13. Have your feelings changed when you started using the menstrual cup?
    Yes, because you can check more seldom and wait up to twelve hours before you have to empty it.

14. Have you found a convenient place to store your cup?
    E.g. out of reach for other family members, animals, insects.
    Always keeping it in my bag.

15. Does your family know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
      The whole family knows.
      - How has their reaction been?
        My family said: How? You can’t put anything in the vagina because of virginity.
        - If No, is there any particular reason for that?

16. Does your extended family and relatives know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, how has their reaction been?
      They were impressed.
      Everyone thinks “no way” at first, when you read terms and conditions you start to understand.
17. Do your friends know that you have been using a menstrual cup?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>☒</th>
<th>No</th>
<th>☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If Yes, how has their reaction been?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same reaction as my extended family.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- If No, is there any particular reason for that?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

18. During your periods, before you were using your menstrual cup, were you able to attend school?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>☐</th>
<th>No</th>
<th>☒</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If No, why?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E.g. leakage, worrying about leakage etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not always. If you don’t have pads at home or if you worry about leakage.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- How many days a month would you estimate you were not able to attend school?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 days</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

19. During your periods when using the menstrual cup have your attendance in school changed?
   
<table>
<thead>
<tr>
<th>Increased</th>
<th>☒</th>
<th>Same</th>
<th>☐</th>
<th>Decreased</th>
<th>☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If Increased, how many days a month would you estimate you were not able to attend school?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It would have increased, I would attend all days</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- If Decreased, is there any particular reason for that?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>☐</th>
<th>No</th>
<th>☒</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If Yes, why?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- If No, in what way did you feel restricted?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>☒</th>
<th>No</th>
<th>☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If Yes, in what way?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It lets you to be comfortable.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

22. Will you continue to use the menstrual cup?
   
<table>
<thead>
<tr>
<th>Yes</th>
<th>☒</th>
<th>No</th>
<th>☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>- If No, why?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?
   But they need to attend a workshop to learn more about the menstrual cup.

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
   Yes ☐ No ☒
   - If No, why?
   Maybe not, it is a rule that is not supposed to be broken, the parents decide. Education for mothers can affect the way society thinks of the menstrual cup. Mothers tell other mothers so everyone will engaged together.

25. Would you recommend the menstrual cup to others?
   Yes ☒ No ☐
   - If Yes, why and to whom?
     Yes, family colleague, fellow organization, participants
   - If No, why?

Other comment:
The menstrual cup is a thing that can bring a change to the village because many girls cannot afford to buy pads. If having a menstrual cup, girls can go to school for 10 years without missing any day of it.
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions
1. Name: Anonymous
2. Age: 43 years
3. Date: 11 May 2018
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.
   Town
5. Family set up at home? Who is making decisions at home? who is the family head?
   I am
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.
   None
7. How many persons are you sharing bedroom with?
   One
8. Water supply system; public tap/family tank/river?
   Public tap and tank
9. How many months a year does your community have water shortage?
   About a week a month
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    12-13 years
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:
Why?

1. Have you used the menstrual cup during your menstruation these last three months?
   Yes ☒ No ☐
   - If No, how long did you use the menstrual cup for?
     *E.g. one time or less/ during one menstrual cycle.*

   If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative
   It was tricky and difficult in the beginning. It is still a bit tricky, but it is the best sanitary protection I have tried. It is difficult to take it out, but when it is inside it the most comfortable.

3. Are you satisfied with your menstrual cup?
   Yes ☒ No ☐

4. What sanitary protection did you use prior to the menstrual cup?
   *E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.*
   Tampon

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   The biggest difference is the period of time, you can have it longer without having to change.
   No worries for the toxic shock syndrome.
   I don’t always have access to toilets in my work situation.

6. What would you say are the benefits of using a menstrual cup?
   Comfortable when using it.
   Longer period of time before having to change.
   No leakage.
   It is not flow dependent.

7. Have you had any problems regarding the usage of the menstrual cup?
   *E.g. inserting/removing.*
   Yes ☒ No ☐
   - If Yes, what was the issue? How did you manage it? How did you solve it?
The insertion was a problem in the beginning. It is important to show different ways. The one that most prefer could be used as a recommendation. A problem the first time was the overflow when you had to change.

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes ☒ No ☐
   - If No, how do you feel about it? How do you solve it?

9. Have you had any problems regarding the cleaning of the cup? e. g. the rinse or the boiling of the cup?
   Yes ☒ No ☐
   - If Yes, what was the issue? How did you manage it? How did you solve it?
     I burnt my hand the first time the cup was boiled.
     No way that the cup should be boiled in the family’s bit kettle, something smaller is needed. I use the same kettle for cooking as for boiling the menstrual cup, but I will get another one.

10. Have you had any problems regarding the design of the cup?
    E. g. shape, color, size, overall design.
    Yes ☒ No ☐
    - If Yes, what was the issue? How did you solve it?
      The edge of the menstrual cup is too thick. How big does the edge be to work as a vacuum?

11. Have you had any problem with anything else, other than cleaning, usage and the design?
    No, only at public toilets if the sink is outside of the booth. I bring some water in a water bottle to rinse the cup.

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
    E.g. stress, anxiety, worry etc.
    I did not feel anything special. You have to plan the day here because you have to know when you can change. Both for toxic shock syndrome and for leakage.

13. Have your feelings changed when you started using the menstrual cup?
    No

14. Have you found a convenient place to store your cup? (yes or no)
    E.g. out of reach for other family members, animals, insects.
    Yes

15. Does your family know that you have been using a menstrual cup?
    Yes ☐ No ☒
    - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
    - How has their reaction been?
16. Does your extended family and relatives know that you have been using a menstrual cup?
   Yes ☒ No ☐
   - If Yes, how has their reaction been?
   - If No, is there any particular reason for that?

17. Do your friends know that you have been using a menstrual cup?
   Yes ☒ No ☐
   - If Yes, how has their reaction been?
   Nothing weird, they are also using the menstrual cup.
   - If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
   Yes ☒ No ☐
   - If No, why?
     E.g. leakage, worrying about leakage etc.
   - How many days a month would you estimate you were not able to attend school?

19. During your periods when using the menstrual cup have your attendance in school changed?
   Increased ☐ Same ☒ Decreased ☒
   - If Increased, how many days a month would you estimate you were not able to attend school?
   - If Decreased, is there any particular reason for that?

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
    E.g. playing football.
   Yes ☒ No ☐
   - If Yes, why?
   - If No, in what way did you feel restricted?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
    E.g. you’ve felt the ability to be more active/freely or if you’ve felt restricted.
   Yes ☐ No ☒
   - If Yes, in what way?

22. Will you continue to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
Yes ☒   No ☐
   - If No, why?

Because of traditional values. You don’t talk about it. It is shameful for the woman.

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
Yes ☐   No ☒
   - If No, why?

25. Would you recommend the menstrual cup to others?
Yes ☒   No ☐
   - If Yes, why and to whom?
   Because of the environmental and financial aspect.
   To young mothers who have been sexually active.
   - If No, why?
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions
1. Name: Anonymous
2. Age: 32
3. Date: 21 April 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural area
5. Family set up at home? Who is making decisions at home/ who is the family head?
   Mom
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Church
7. How many persons are you sharing bedroom with?
   Me and my child
8. Water supply system; public tap/family tank/river?
   Tank, sometimes water tap
9. How many months a year does your community have water shortage?
   5 years
10. Do you have access to water in your school or at your workplace?
    N/A
11. At what age did you have your first menstruation?
    16 years
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:
Why?
N/A

1. Have you used the menstrual cup during your menstruation these last three months?
   Yes ☒ No ☐
   - If No, how long did you use the menstrual cup for?
     E.g. one time or less/during one menstrual cycle.

If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative
   Positive
3. Are you satisfied with your menstrual cup?
   Yes ☒ No ☐
4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads
5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   Yes, in cup I feel comfortable
6. What would you say are the benefits of using a menstrual cup?
   I do save a lot of money and my time to
7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing.
   Yes ☐ No ☒
   - If Yes, what was the issue? How did you manage it? How did you solve it?
   N/A
8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes ☐ No ☒
   - If No, how do you feel about it? How do you solve it?
9. Have you had any problems regarding the cleaning of the cup? e.g. the rinse or the boiling of the cup?
   Yes ☒ No ☐
   - If Yes, what was the issue? How did you manage it? How did you solve it?
10. Have you had any problems regarding the design of the cup?
    E.g. shape, color, size, overall design.
Yes ☐ No ☐
- If Yes, what was the issue? How did you solve it?

11. Have you had any problem with anything else, other than cleaning, usage and the design?
   NO

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Stress, I was not comfortable because my menstruation was passing through out of my pads

13. Have your feelings changed when you started using the menstrual cup?
   Ooh yes to much comfortable actual excellent

14. Have you found a convenient place to store your cup? (yes or no)
   E.g. out of reach for other family members, animals, insects.
   No

15. Does your family know that you have been using a menstrual cup?
   Yes ☒ No ☐
   - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
     Mom, to told her so that she can’t worry when he saw that cup and I was beg her because I was told her instruction of the cup
   - How has their reaction been?
     She was happy she feel like I could have more cup so I can share with my sister and onthers
   - If No, is there any particular reason for that?

16. Does your extended family and relatives know that you have been using a menstrual cup?
   Yes ☒ No ☐
   - If Yes, how has their reaction been?
     They will to use it
   - If No, is there any particular reason for that?

17. Do your friends know that you have been using a menstrual cup?
   Yes ☒ No ☐
   - If Yes, how has their reaction been?
     They feel happy, because I do told them advantages of using cup and disadvantage.
   - If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
   Yes ☒ No ☐
19. During your periods when using the menstrual cup have your attendance in school changed?
   - If Increased, how many days a month would you estimate you were not able to attend school?
     N/A
   - If Decreased, is there any particular reason for that?
     N/A

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
   E.g. playing football.
   Yes ☒ No ☐
   - If Yes, why?
     - It was smooth I didn’t get any consequences
     - If No, in what way did you feel restricted?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
   E.g. you’ve felt the ability to be more active/freely or if you’ve felt restricted.
   Yes ☐ No ☒
   - If Yes, in what way?
     N/A

22. Will you continue to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

25. Would you recommend the menstrual cup to others?
   Yes ☒ No ☐
   - If Yes, why and to whom?
     Yes it stress free, my sister, friend, and cousin
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions

1. Name: anonymous
2. Age: 35
3. Date: 10/05/2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   Father
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Church
7. How many persons are you sharing bedroom with?
   None
8. Water supply system; public tap/family tank/river?
   Family tap
9. How many months a year does your community have water shortage?
   1 months
10. Do you have access to water in your school or at your workplace?
    yes
11. At what age did you have your first menstruation?
    14 yrs
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form? If no, change to document: No Contract.

YES:

Why?

1. Have you used the menstrual cup during your menstruation these last three months?
   - Yes ☒ No ☐
     - If No, how long did you use the menstrual cup for?
       E.g. one time or less/ during one menstrual cycle.
       **If used only once, change to document: Contract Not used.**

2. What was your overall experience using a menstrual cup? positive and/or negative
   Nothing that I see, it is comfortable it didn’t have to buy pads.

3. Are you satisfied with your menstrual cup?
   - Yes ☒ No ☐

4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   - pads

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   I don’t need to change cup but pads need to be changed. It last for 10 years

6. What would you say are the benefits of using a menstrual cup?
   It save money.

7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing.
   - If Yes, what was the issue? How did you manage it? How did you solve it?

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   - Yes ☒ No ☐
     - If No, how do you feel about it? How do you solve it?

9. Have you had any problems regarding the cleaning of the cup? e. g. the rinse or the boiling of the cup?
   - Yes ☒ No ☐
     - If Yes, what was the issue? How did you manage it? How did you solve it?

10. Have you had any problems regarding the design of the cup?
    E.g. shape, color, size, overall design.
    - Yes ☒ No ☐
      - If Yes, what was the issue? How did you solve it?

11. Have you had any problem with anything else, other than cleaning, usage and the design
None

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
   E.g. stress, anxiety, worry etc.
I am not feeling well because pads give me rash

13. Have your feelings changed when you started using the menstrual cup?
   Yes because the cup does not give rash

14. Have you found a convenient place to store your cup? (yes or no)
   E.g. out of reach for other family members, animals, insects.
   Yes

15. Does your family know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
      Mother, sister
    - How has their reaction been?
      They scared
    - If No, is there any particular reason for that?
      It is the first time for them to see the cup

16. Does your extended family and relatives know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, how has their reaction been?
      They were willing to have it
    - If No, is there any particular reason for that?

17. Do your friends know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, how has their reaction been?
      Because they want it
    - If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
    Yes ☐ No ☒
    - If No, why?
      E.g. leakage, worrying about leakage etc.
      It is not comfortable
    - How many days a month would you estimate you were not able to attend school?
      4 days
19. During your periods when using the menstrual cup have your attendance in school changed?

- **Increased** □  Same □  **Decreased** ☒
- If **Increased**, how many days a month would you estimate you were not able to attend school?
- If **Decreased**, is there any particular reason for that?

Worrying about leakage, shortage of pads.

20. Before you were using the menstrual cup were you able to be active and move freely during your period?

*E.g. playing football.*

- **Yes** ☐  **No** ☒
- If **Yes**, why?
- If **No**, in what way did you feel restricted?

Because I'm not feeling comfortable

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?

*E.g. you've felt the ability to be more active/freely or if you've felt restricted.*

- **Yes** ☒  **No** □
- If **Yes**, in what way?

I'm feel free

22. Will you continue to use the menstrual cup?

- **Yes** ☒  **No** □
- If **No**, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?

- **Yes** ☒  **No** □
- If **No**, why?

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?

- **Yes** ☒  **No** □
- If **No**, why?

25. Would you recommend the menstrual cup to others?

- **Yes** ☒  **No** □
- If **Yes**, why and to whom?

It save money and it comfortable
- If **No**, why?
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions

1. Name: Anonymous
2. Age: 21
3. Date: 12 May 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   Accepting everything
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Everything
7. How many persons are you sharing bedroom with?
   2 person
8. Water supply system; public tap/family tank/river?
   River
9. How many months a year does your community have water shortage?
   2 months
10. Do you have access to water in your school or at your workplace?
    yes
11. At what age did you have your first menstruation?
    16 years
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form? If no, change to document: No Contract.

YES:

Why?

1. Have you used the menstrual cup during your menstruation these last three months?
   Yes [x] No [ ]
   - If No, how long did you use the menstrual cup for? E.g. one time or less during one menstrual cycle.
   If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative Positive

3. Are you satisfied with your menstrual cup?
   Yes [x] No [ ]

4. What sanitary protection did you use prior to the menstrual cup? E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   pads

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   If they use pads was paid of money but menstrual cup did not paid

6. What would you say are the benefits of using a menstrual cup?
   Didn’t buy pads for 10 years

7. Have you had any problems regarding the usage of the menstrual cup? E.g. inserting/removing.
   Yes [ ] No [x]
   - If Yes, what was the issue? How did you manage it? How did you solve it?

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes [x] No [ ]
   - If No, how do you feel about it? How do you solve it?

9. Have you had any problems regarding the cleaning of the cup? e.g. the rinse or the boiling of the cup?
   Yes [x] No [ ]
   - If Yes, what was the issue? How did you manage it? How did you solve it?
   Menstrual cup was thick

10. Have you had any problems regarding the design of the cup? E.g. shape, color, size, overall design.
    Yes [x] No [ ]
    - If Yes, what was the issue? How did you solve it?
    Because it was to bigger
11. Have you had any problem with anything else, other than cleaning, usage and the design? NO
12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
   *E.g. stress, anxiety, worry etc.*
   Feel comfortable
13. Have your feelings changed when you started using the menstrual cup? No
14. Have you found a convenient place to store your cup? (yes or no)
   *E.g. out of reach for other family members, animals, insects.*
   Yes
15. Does your family know that you have been using a menstrual cup?
   Yes ☑️ No ☐
   - If *Yes*, who did you speak to, and what was the reason for you to choose that/those person/s?
     My mother says take your decision my girl
   - How has their reaction been?
     She agree
   - If *No*, is there any particular reason for that?
16. Does your extended family and relatives know that you have been using a menstrual cup?
   Yes ☐ No ☑️
   - If *Yes*, how has their reaction been?
   - If *No*, is there any particular reason for that?
17. Do your friends know that you have been using a menstrual cup?
   Yes ☐ No ☑️
   - If *Yes*, how has their reaction been?
   - If *No*, is there any particular reason for that?
     I didn’t think to tell them
18. During your periods, before you were using your menstrual cup, were you able to attend school?
   Yes ☑️ No ☐
   - If *No*, why?
     *E.g. leakage, worrying about leakage etc.*
   - How many days a month would you estimate you were not able to attend school?
19. During your periods when using the menstrual cup have your attendance in school changed?
Incr

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our
ey

Yes  Yes  No  No

- If Yes, why?
               They feel comfortable not leaking.
- If No, in what way did you feel restricted?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
E.g. you’ve felt the ability to be more active/freely or if you’ve felt restricted.
Yes  Yes  No  No

- If Yes, in what way?
               Like doing anything that I want to do.

22. Will you continue to use the menstrual cup?
Yes  Yes  No  No

- If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
Yes  Yes  No  No

- If No, why?

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
Yes  Yes  No  No

- If No, why?

25. Would you recommend the menstrual cup to others?
Yes  Yes  No  No

- If Yes, why and to whom?
               It comfortable and save money
- If No, why?
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions

1. Name: Anonymous
2. Age: 38
3. Date: 10 May 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural area
5. Family set up at home? Who is making decisions at home/ who is the family head?
   My mother
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Both
7. How many persons are you sharing bedroom with?
   None
8. Water supply system; public tap/family tank/river?
   Family tap
9. How many months a year does your community have water shortage?
   We don’t have a water shortage in my area
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    16 years
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:
Why?
I do agree
1. Have you used the menstrual cup during your menstruation these last three months?
Yes ☒ No ☐
   - If No, how long did you use the menstrual cup for?
     E.g. one time or less/during one menstrual cycle.

If used only once, change to document: Contract Not used.
2. What was your overall experience using a menstrual cup? positive and/or negative
   I felt very comfortable. and it easy to easy it. And cheap no more buying pads
3. Are you satisfied with your menstrual cup?
   Yes ☒ No ☐
4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads
5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   The difference is I don’t have to change the pads always, and it comfortable.
6. What would you say are the benefits of using a menstrual cup?
   It cheap.
7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing.
   Yes ☐ No ☒
   - If Yes, what was the issue? How did you manage it? How did you solve it?
8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes ☒ No ☐
   - If No, how do you feel about it? How do you solve it?
9. Have you had any problems regarding the cleaning of the cup? e.g. the rinse or the boiling of the cup?
   Yes ☐ No ☒
   - If Yes, what was the issue? How did you manage it? How did you solve it?
10. Have you had any problems regarding the design of the cup?
    E.g. shape, color, size, overall design.
    Yes ☒ No ☐
11. Have you had any problem with anything else, other than cleaning, usage and the design?
   No

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   No nothing I have no stress

13. Have your feelings changed when you started using the menstrual cup?
   Not really but my body shows that it used something it never used before. But nothing much

14. Have you found a convenient place to store your cup? (yes or no)
   E.g. out of reach for other family members, animals, insects.
   No because I leave alone to my room.

15. Does your family know that you have been using a menstrual cup?
    Yes ☒ No ☐
    - If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
      My sister
    - How has their reaction been?
      My sister like to try it
    - If No, is there any particular reason for that?

16. Does your extended family and relatives know that you have been using a menstrual cup?
    Yes ☐ No ☒
    - If Yes, how has their reaction been?
    - If No, is there any particular reason for that?
      No I didn’t tell them, I only tell my sister.

17. Do your friends know that you have been using a menstrual cup?
    Yes ☐ No ☒
    - If Yes, how has their reaction been?
      They just want to see it and feel it and learn more about it.
    - If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
    Yes ☐ No ☒
    - If No, why?
E.g. leakage, worrying about leakage etc.

- How many days a month would you estimate you were not able to attend school?

19. During your periods when using the menstrual cup have your attendance in school changed?
   
   Increased ☐ Same ☒ Decreased ☐
   
   - If Increased, how many days a month would you estimate you were not able to attend school?
   
   - If Decreased, is there any particular reason for that?

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
   E.g. playing football.
   Yes ☒ No ☐
   
   - If Yes, why?
     Because I’m used to pads only when I started but as adult I have no problem.
   
   - If No, in what way did you feel restricted?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
   E.g. you’ve felt the ability to be more active/freely or if you’ve felt restricted.
   Yes ☒ No ☐
   
   - If Yes, in what way?
     Felt ability to be active more.

22. Will you continue to use the menstrual cup?
   Yes ☒ No ☐
   
   - If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
   Yes ☐ No ☐
   
   - If No, why?
     I’m not sure

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
   Yes ☐ No ☐
   
   - If No, why?
     I’m not sure.

25. Would you recommend the menstrual cup to others?
   Yes ☒ No ☐
   
   - If Yes, why and to whom?
     Because it easy to use it and it less cost to my community
   
   - If No, why?
Final evaluation of the MonthlyCup

Interview Questions: Contract Used

General questions

1. Name: Anonymous
2. Age: 26 years
3. Date: 16 April 2018
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.*
   Rural area
5. Family set up at home? Who is making decisions at home/ who is the family head?
   If you are 21, you make your own decisions. Sometimes you need guidance, then you can get
   that from your parents and they will not judge you.
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.*
   Both traditional and following church.
7. How many persons are you sharing bedroom with?
   Me and my young sister.
8. Water supply system; public tap/family tank/river?
   Public tap
9. How many months a year does your community have water shortage?
   Lots of months, municipality provides water. From 2009, water is not coming from the tap.
   Now they are buying water. Maybe water coming from the tap once a week.
10. Do you have access to water in your school or at your workplace?
    Yes, works at Football for Life.
11. At what age did you have your first menstruation?
    16 years old.
Did you or did you not agree on using the menstrual cup in the initial state of this pilot/on the initial form?

If no, change to document: No Contract.

YES:

Why?

1. Have you used the menstrual cup during your menstruation these last three months?
   Yes ☐ No ☒
   - If No, how long did you use the menstrual cup for?
     E.g. one time or less/ during one menstrual cycle.
     Used it January and February.
     If used only once, change to document: Contract Not used.

2. What was your overall experience using a menstrual cup? positive and/or negative
   Positive that you can use it for a long time without changing it and it saves money.

3. Are you satisfied with your menstrual cup?
   Yes ☒ No ☐

4. What sanitary protection did you use prior to the menstrual cup?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Newspaper

5. Has there been any difference to using a menstrual cup compared with the sanitary protection you used before? What was the difference?
   --------------------------Skipped the question--------------------------

6. What would you say are the benefits of using a menstrual cup?
   You feel more comfortable.
   You have to change the pad more times, you don’t do that with the menstrual cup.

7. Have you had any problems regarding the usage of the menstrual cup?
   E.g. inserting/removing.
   Yes ☐ No ☒
   - If Yes, what was the issue? How did you manage it? How did you solve it?

8. Do you have a private space at home where you can insert and remove the menstrual cup?
   Yes ☒ No ☐
   - If No, how do you feel about it? How do you solve it?

9. Have you had any problems regarding the cleaning of the cup? e.g. the rinse or the boiling of the cup?
   Yes ☐ No ☒
I use urine to rinse the cup if not water.
I boil the cup in a tin.
   - If Yes, what was the issue? How did you manage it? How did you solve it?
10. Have you had any problems regarding the design of the cup?
   *E.g. shape, color, size, overall design.*
   Yes ☐ No ☐

- If Yes, what was the issue? How did you solve it?

11. Have you had any problem with anything else, other than cleaning, usage and the design?
    I thought it would get further up, but I overcame that fear.

12. Mentally, how did you feel about your period when you were using your previous sanitary protection? Would you like to share why?
    *E.g. stress, anxiety, worry etc.*
    Stressed, because if girls have menstruation, they cannot be in the same room as boys because the flow will be heavier for the girl if boys are around. So there was a problem in school.

13. Have your feelings changed when you started using the menstrual cup?
    I am free from stress now.

14. Have you found a convenient place to store your cup? *(yes or no)*
    *E.g. out of reach for other family members, animals, insects.*
    Yes

15. Does your family know that you have been using a menstrual cup?
    Yes ☒ No ☐

- If Yes, who did you speak to, and what was the reason for you to choose that/those person/s?
  Because one day someone might find it when I am not home, maybe she thinks it is a toy or something so it is better to explain.

- How has their reaction been?
  Mom was confused. They have never seen a menstrual cup. Mom asks me when I have my period because she cannot notice it anymore because I don’t throw away pads and so on.

- If No, is there any particular reason for that?

16. Does your extended family and relatives know that you have been using a menstrual cup?
    Yes ☐ No ☒

- If Yes, how has their reaction been?
- If No, is there any particular reason for that?
  I would not talk about it otherwise either.

17. Do your friends know that you have been using a menstrual cup?
    Yes ☒ No ☐

- If Yes, how has their reaction been?
It was Celiwe. No one else that do not know about the menstrual cup.
- If No, is there any particular reason for that?

18. During your periods, before you were using your menstrual cup, were you able to attend school?
   Yes ☒ No ☐
   - If No, why?
     *E.g. leakage, worrying about leakage etc.*
     - How many days a month would you estimate you were not able to attend school?

19. During your periods when using the menstrual cup have your attendance in school changed?
   Increased ☐ Same ☐ Decreased ☐
   - If Increased, how many days a month would you estimate you were not able to attend school?
   - If Decreased, is there any particular reason for that?

20. Before you were using the menstrual cup were you able to be active and move freely during your period?
    *E.g. playing football.*
   Yes ☒ No ☐
   - If Yes, why?

21. Have your ability to be active and move freely changed while using the menstrual cup during your period?
    *E.g. you’ve felt the ability to be more active/freely or if you’ve felt restricted.*
   Yes ☒ No ☐
   - If Yes, in what way?

22. Will you continue to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

23. Do you think your sisters or cousins under the age of 18 would be allowed to use the menstrual cup?
   Yes ☒ No ☐
   - If No, why?

24. Do you think girls in your community, under the age of 18, would be allowed to use the menstrual cup?
   Yes ☒ No ☐
   If the girls inform their parents and give good information about the menstrual cup.
   - If No, why?
25. Would you recommend the menstrual cup to others?

Yes ☒ No ☐

- If Yes, why and to whom?
  Because it is will save money
- If No, why?
Final evaluation of the MonthlyCup

Interview Questions: Contract Not used

**General questions**

1. Name: Anonymous
2. Age: 35 years
3. Date: 21 April 2018
4. What kind of area are you staying in? 
   *E.g. deep rural/rural/town/city.*
   Deep rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   My husband makes the most decisions, five children three lives at home
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.*
   90% of both
7. How many persons are you sharing bedroom with?
   One
8. Water supply system; public tap/family tank/river?
   Family tank
9. How many months a year does your community have water shortage?
   A lot, not for the past month, opened it yesterday closed it the day after
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    12
1. What was the reason for not being able to use the menstrual cup?
   I once used a tampon, uncomfortable. Influenced to be negative to anything that goes up into the vagina. Scared of getting headache and nausea.

2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo, design.
   Just about the insertion and removal. Anxious to feel headache, seems a bit big

3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads

4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Stressful, what you are going to wear, hide that you are bloated
   Something that should be hidden
   Treat you like you are different, preferably good to be home, especially the first day
   No stomach pain anymore, used to have that though

5. During your periods are you/were you able to attend school?
   Yes ☒ No ☐
   If not sanitary pads used a cloth
   - If No, why?
     E.g. leakage, worrying about leakage etc.
     - How many days a month would you estimate you were not able to attend school

6. During your period, do you feel restricted from being active?
   Yes ☒ No ☐
   - If Yes, why?
     No accidents happening
     Might leak with movement

7. Would you like to try to use the menstrual cup again?
   Yes ☒ No ☐

8. What would you like to change for you to be able to try the menstrual cup again?
   Size and if it was not silicone. Maybe if it is a disposable pouch.
Final evaluation of the MonthlyCup

Interview Questions: Contract Not used

General questions
1. Name: Anonymous
2. Age: 18 years old
3. Date: 21 April 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   No one but we discuss it until we find final answer. My grandparents.
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Father, mother, grandpa, grandmom, because they know alot about the challenges and some staff.
7. How many persons are you sharing bedroom with?
   We are two but in a difference bed.
8. Water supply system; public tap/family tank/river?
   Public tap
9. How many months a year does your community have water shortage?
   2 years
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    14 years old
1. What was the reason for not being able to use the menstrual cup?
   It because it doesn’t fit me it was big and I didn’t throw it away or give my family member but I boil it and keep it safety until I get another.
2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo, design.
   Clean water because in other time if tap we not have water it was our responsibilities to fetch in the river but before we used it we boil it.
3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads cause if the menstrual cup was fitted me I was going to use it.
4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Comfortable because it the thing that god created it and I can not force to stop it cause it natural thing.
5. During your periods are you/were you able to attend school?
   Yes ☒ No ☐
   - If No, why?
   E.g. leakage, worrying about leakage etc.
   - Yes because I have the menstrual cup that guard me.
   - How many days a month would you estimate you were not able to attend school?
     None
6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   - If Yes, why?
7. Would you like to try to use the menstrual cup again?
   Yes ☒ No ☐
8. What would you like to change for you to be able to try the menstrual cup again?
   I liked to have another menstrual cup cause the first one didn’t fit me.
Final evaluation of the MonthlyCup

Interview Questions: Contract Not used

General questions
1. Name: Anonymous
2. Age: 21 years
3. Date: 3 May 2018
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.*
   Rural areas
5. Family set up at home? Who is making decisions at home/ who is the family head?
   My mother is the family head. She always make decisions.
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.*
   Not much but all the time it influenced by church
7. How many persons are you sharing bedroom with?
   One person
8. Water supply system; public tap/family tank/river?
   Public tap
9. How many months a year does your community have water shortage?
   It’s only a week, in a couple of months
10. Do you have access to water in your school or at your workplace?
    Yes, I do
11. At what age did you have your first menstruation?
    At the age of 15 years
1. What was the reason for not being able to use the menstrual cup?
   Main reason was medium size was to big and uncomfortable besides that I had no issue’s with the menstrual cup.
2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo, design.
   I was worried about the design if it would cause any damages or bring about any pain
3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads
4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   During my period I feel gross, because sometimes I wish to become a boy and I can’t even eat good during my period.
5. During your periods are you/were you able to attend school?
   Yes ☒ No ☐
   - If No, why?
     E.g. leakage, worrying about leakage etc.
     - How many days a month would you estimate you were not able to attend school?
6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   During my period I don’t feel restricted but I feel lazy and worry.
   - If Yes, why?
7. Would you like to try to use the menstrual cup again?
   Yes ☒ No ☐
8. What would you like to change for you to be able to try the menstrual cup again?
   A smaller cup for comfort
Final evaluation of the MonthlyCup

Interview Questions: Contract Not used

**General questions**

1. Name: Anonymous
2. Age: 18
3. Date: 12 May 2018
4. What kind of area are you staying in?  
   *E.g. deep rural/rural/town/city.*  
   Deep rural
5. Family set up at home? Who is making decisions at home/ who is the family head?  
   My mother
6. How much are the family heads decisions influenced by tradition?  
   *E.g. church, ancestry.*  
   Ancestry
7. How many persons are you sharing bedroom with?  
   2
8. Water supply system; public tap/family tank/river?  
   Borehole
9. How many months a year does your community have water shortage?  
   None
10. Do you have access to water in your school or at your workplace?  
    Yes
11. At what age did you have your first menstruation?  
    15
1. What was the reason for not being able to use the menstrual cup?
   I felt afraid to use it
2. Were you worried about something?  
   *E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo, design.* 
   Insertion
3. What sanitary protection do you use?  
   *E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.* 
   Pads
4. Mentally, how do you feel about your period? Would you like to share why?  
   *E.g. stress, anxiety, worry etc.* 
   Anxiety, I felt uncomfortable.
5. During your periods are you/were you able to attend school?  
   **Yes ☒ No ☐**  
   - If No, why?  
     *E.g. leakage, worrying about leakage etc.*  
     - How many days a month would you estimate you were not able to attend school?
6. During your period, do you feel restricted from being active?  
   **Yes ☐ No ☒**  
   - If Yes, why?
7. Would you like to try to use the menstrual cup again?  
   **Yes ☒ No ☐**
8. What would you like to change for you to be able to try the menstrual cup again?  
   Get more information about the insertion of the menstrual cup.
Appendix 15: Answers Interview Questions – No Contract

Final evaluation of the MonthlyCup

Interview Questions: No Contract

General questions
1. Name: Anonymous
2. Age: 19 years
3. Date: 12 May 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   My mother
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Church
7. How many persons are you sharing bedroom with?
   No-one
8. Water supply system; public tap/family tank/river?
   Family tank
9. How many months a year does your community have water shortage?
   None
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    14 years
1. Why did you choose not to participate in the pilot of trying a menstrual cup?
   It because I was comfortable to use pads.
2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo.
   Yes, removal. I was on how I’m going to remove it.
3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads
4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Worry, I feel like I’m sick but I’m get used to it.
5. During your periods are you able to attend school?
   Yes ☒ No ☐
   - If No, why? Leakage, worrying about leakage etc.
   - How many days a month would you estimate you’re not able to attend school?
     None
6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   - If Yes, why?
7. What would you like to change for you to be able to try the menstrual cup?
   Nothing, you can’t change nothing.
Final evaluation of the MonthlyCup

Interview Questions: No Contract

General questions

1. Name: Anonymous
2. Age: 18
3. Date: 27 April 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   I’m take the decisions for my mother & sisters at home
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Ancestry
7. How many persons are you sharing bedroom with?
   Two persons
8. Water supply system; public tap/family tank/river?
   River & family tank
9. How many months a year does your community have water shortage?
   They don’t know but it longer
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    It 13 years old
1. Why did you choose not to participate in the pilot of trying a menstrual cup?
   Because they I’m scared to tell my mother about the problem, end at school children
   were laughing me to this problem and they don’t helping me.
2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo.
   Yes but they allowed my mothers and two sisters
   Because they like this cup and they save money.
3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   It pads, because they I’m take the which is a stay free the time when lasting is 12 hours than
   we change.
4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Worry sometime people the laugh at school.
5. During your periods are you able to attend school?
   Yes ☒ No ☐
   - If No, why? Leakage, worrying about leakage etc.
   - How many days a month would you estimate you’re not able to attend school?
     It 5 days sometime they will be 3 days.
6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   - If Yes, why?
7. What would you like to change for you to be able to try the menstrual cup?
   No, they don’t to try this cup. But my sister were like them.
Final evaluation of the MonthlyCup

Interview Questions: No Contract

General questions

1. Name: Anonymous
2. Age: 19
3. Date: 12 May 2018
4. What kind of area are you staying in?
   E.g. deep rural/rural/town/city.
   Deep rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   Father
6. How much are the family heads decisions influenced by tradition?
   E.g. church, ancestry.
   Both
7. How many persons are you sharing bedroom with?
   They are two sisters
8. Water supply system; public tap/family tank/river?
   Family tap
9. How many months a year does your community have water shortage?
   None
10. Do you have access to water in your school or at your workplace?
    Yes
11. At what age did you have your first menstruation?
    At the age of 14 years.
1. Why did you choose not to participate in the pilot of trying a menstrual cup?
   I was scared because it’s my first time to see menstrual cup.

2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo.
   Yes about inserting of the menstrual cup.

3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads

4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Worry

5. During your periods are you able to attend school?
   Yes ☒ No ☐
   - If No, why? Leakage, worrying about leakage etc.
     - How many days a month would you estimate you’re not able to attend school?
       None

6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   - If Yes, why?

7. What would you like to change for you to be able to try the menstrual cup?
   Not to be scared
Final evaluation of the MonthlyCup

Interview Questions: No Contract

**General questions**

1. Name: Anonymous
2. Age: 19
3. Date: 10 May 2018
4. What kind of area are you staying in?
   *E.g. deep rural/rural/town/city.*
   
   Rural
5. Family set up at home? Who is making decisions at home/ who is the family head?
   *Father*
6. How much are the family heads decisions influenced by tradition?
   *E.g. church, ancestry.*
   
   Church
7. How many persons are you sharing bedroom with?
   2
8. Water supply system; public tap/family tank/river?
   *Family tank*
9. How many months a year does your community have water shortage?
   *Others almost a year*
10. Do you have access to water in your school or at your workplace?
    *Yes*
11. At what age did you have your first menstruation?
    13 years old
1. Why did you choose not to participate in the pilot of trying a menstrual cup?
   I didn’t feel comfortable using it.
2. Were you worried about something?
   E.g. insertion/removal, allowed by family head, clean water, culture/religion/taboo.
   Clean water because we don’t have water in our tap so we fetch it at the river and it is not that clean you need to boil it before using it.
3. What sanitary protection do you use?
   E.g. pads, tampons, toilet paper, newspaper, leaves, cotton wool.
   Pads
4. Mentally, how do you feel about your period? Would you like to share why?
   E.g. stress, anxiety, worry etc.
   Good because it is what makes us different from mans and it is a good feeling.
5. During your periods are you able to attend school?
   Yes ☐ No ☒
   - If No, why? Leakage, worrying about leakage etc.
     Like I bleed alot
   - How many days a month would you estimate you’re not able to attend school?
     Just 4 days a month
6. During your period, do you feel restricted from being active?
   Yes ☐ No ☒
   - If Yes, why?
7. What would you like to change for you to be able to try the menstrual cup?
   Nothing its just that I’m not comfortable using it.