RCH NATIONAL
Child Health POLL

The Royal Children's Hospital Melbourne

Survey questions

RCH National Child Health Poll Questionnaire: Periods

Questionnaire for children aged 12-17 years

The next few questions are about periods or menstruation and period pain. Even if you do not have periods, we are still interested in learning about how much you know about periods and period pain.

1. Please tell us how much you know about:
    1.1 Periods
    1.2 Period pain

    I don't know anything
    I know a little
    I know a medium amount
    I know a lot

2. How much have you learnt at school in classes or from teachers or programs about:
    2.1 Periods
    2.2 Period pain
    2.3 How people deal with periods (e.g. what products to use and how to help with symptoms)

    I haven't learned anything
    I've learned a little bit
    I've learned some things
    I've learned a lot

3. If you were looking for information about periods, where would you go?

    Select up to three:
    My mum or main female carer
    My dad or main male carer
    Another family member (e.g. sibling, aunt, cousin)
    A friend
    A website or online resource (e.g. EndoZone, Jean Hailes, HealthDirect)
    Social media
    A health professional (e.g. doctor, nurse, gynaecologist)

4. Have you ever menstruated or had a period?
    Yes/No/Not sure

If 'Yes' to Q4, branch to Q5

5. At what age did you have your first period?
    Enter age in years {whole numbers between 8 and 17}
    I don't remember

6. How prepared did you feel when you got your first period?
    Not at all prepared
    A little prepared
    Somewhat prepared
    Very prepared

7. What symptoms do you have when you get your period?
    Select all that apply:
    Headaches or migraines
    Fatigue (feeling more tired than usual)
    Cramps (pain or tightness in the lower belly or back)
    Bloating (feeling puffy or swollen, especially around your stomach)
    Tender breasts
    Aches and pains
    Nausea and vomiting
    Digestive changes like constipation or diarrhoea
    Pimples and acne breakouts
    Feeling dizzy and faint
    Heavy bleeding/flow
    Changes to your mood (e.g. feeling sad, anxious, easily irritated)
    Trouble sleeping
    None of the above

8. Does your period or period symptoms cause you to miss out on any of the following
    Select all that apply:
    School
    Extracurricular activities (e.g. sports, music)
    Social activities (e.g. seeing your friends)
    Special events (e.g. birthday parties, concerts)
    None of the above

Your period pain can vary with each period. We are interested in knowing what your period pain is like usually or most of the time.

9. What is your period pain usually like?
    - No pain
    - Mild pain
    - Moderate pain
    - Severe pain
    - Worst pain imaginable

If 'No pain' selected in Q9, branch to next module

10. How worried are you about your period pain?
    - Not at all worried
    - A little worried
    - Moderately worried
    - Very worried

11. How much of a problem is your period pain for you?
    - Not a problem
    - A little bit of a problem
    - Somewhat of a problem
    - A big problem

12. Please tell us how much you agree or disagree with the following statements

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure/ Not applicable
    - 12.1 My family tries to help and support me with managing my period pain
    - 12.2 I feel like my doctor acknowledges and supports me with my period pain
    - 12.3 I have a hard time talking about my period and period pain with my family
    - 12.4 I have a hard time talking about my period and period pain with my doctor

13. When dealing with your period pain, what health services have you ever used?
    Select all that apply:
    - A specialist doctor **other than** a gynaecologist (e.g. pain specialist, surgeon, psychiatrist, endocrinologist, paediatrician)
    - A gynaecologist
    - A nurse (e.g. school nurse, GP nurse, NURSE-ON-CALL)
    - Allied health (e.g. physiotherapist, pharmacist, chiropractor, occupational therapist, dietician)
    - A general practitioner (e.g. GP, family doctor)
    - A hospital or emergency department

A counsellor or psychologist (includes school counsellor)
Other e.g. acupuncture, naturopathy, Chinese medicine practitioner, myotherapy

Parent Questionnaire

1. Please tell us how much you know about:
    1.1 Periods
    1.2 Period pain

    I don't know anything
    I know a little
    I know a medium amount
    I know a lot

2. Has your teenager ever menstruated or had a period?
    Yes/No/ Not sure

If 'Yes' to Q2, branch to Q3

3. Does your teenager regularly experience period pain?
    Yes/ No/ Not sure

If 'Yes' to Q3, branch to Q4

4. How worried are you about your teenager's period pain?
    Not at all worried
    A little worried
    Moderately worried
    Very worried

5. Please rate your level of agreement with the following statements about your teenager.

    Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure

    5.1 My teenager's period pain is normal
    5.2 My teenager should 'tough it out' when they have period pain

    THE END