

Participant Information Sheet

Project Title: The impact of menstruation on the Australian economy

Project Summary:

You are invited to participate in a research study being conducted by Dr Mike Armour, Associate Professor Maria Estela Varua from Western Sydney University. The research involves an anonymous online survey on how menstrual symptoms, such as period pain, fatigue or heavy bleeding affect your work attendance and productivity.

How is the study being paid for?

This study is internally funded by Western Sydney University

What will I be asked to do?

You will be asked to fill in an online survey hosted by Qualtrics. To be eligible to participate in this survey you need to meet the following criteria:

1. Aged over 18 years
2. Have had at least one period in the past three months
3. Have been employed for at least three months
4. Currently be living in Australia.

You can be employed full time, part time or be self-employed. You don't need to be working for pay, you could also be volunteering or working for friends or family.

The survey will ask about your age, location, income, type of employment, if you have period pain, how severe it is and how you manage it, and how it impacts you at work, both with having to take time off or having reduced productivity. We also would like to know if you have discussed any time off due to your period with your employer or boss and how they responded.

How much of my time will I need to give?

The survey will take approximately 10-15 minutes of your time. You will be required to complete the survey in one sitting as we do not collect your IP or use cookies, to protect your privacy.

What benefits will I, and/or the broader community, receive for participating?

At this stage, there may not be any direct benefits for participating, however the information this survey provides will help us understand the effect that period pain and other menstrual symptoms have both individually (such as having used up sick leave) and for the economy as well.

Will the study involve any risk or discomfort for me? If so, what will be done to rectify it?



We do not foresee any risk to you from participating in this study; however, some of the questions are personal in nature and relate to menstruation. If you do not wish to answer any specific question about menstruation due to discomfort or personal preference, you can simply leave it blank or skip it. If this survey has raised questions or concerns about your menstrual and pelvic pain there are helpful resources provided by the Pelvic Pain Foundation of Australia at <http://www.pelvicpain.org.au/information>.

All answers to the survey are completely anonymous and no identifying data collected. The researchers cannot identify you from the answers you give, and any information you provide that might be able to identify you (such as answers to an open ended question) will be de-identified.

How do you intend to publish or disseminate the results?

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that the participant cannot be identified, via summaries of what we found, rather than individual data.

Will the data and information that I have provided be disposed of?

We will use your survey answers for the purposes of this research but please be assured that only the researchers will have access to the raw data you provide, but a de-identified copy of the data may be shared with other researchers. This means that you will not be able to be identified by any of your answers. Please note that minimum retention period for data collection is five years post publication. The data and information you have provided will be securely disposed of.

Can I withdraw from the study?

Participation is entirely voluntary and you are not obliged to be involved. If you do participate you can stop filling in the survey at any time. Once you have submitted your answers we cannot remove them as we have no way of identifying your answers due to the anonymous nature of the survey. Whatever your decision, it will not affect your relationship to anyone involved in this study.

Can I tell other people about the study?

Yes, you can tell other people about the study by providing them with Dr Armour's details or the Qualtrics link. If they would like more information they can then contact Dr Armour to discuss their participation in the research project and obtain a copy of the information sheet.

What if I require further information?

Please contact Dr Mike Armour should you wish to discuss the research further before deciding whether or not to participate



Dr Mike Armour, Chief Investigator, email m.armour@westernsydney.edu.au or by phone on +61 2 9685 4720

What if I have a complaint?

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email humanethics@westernsydney.edu.au. Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

If you agree to participate in this study, you may be asked to sign the Participant Consent Form. The information sheet is for you to keep and the consent form is retained by the researcher/s. This study has been approved by the Western Sydney University Human Research Ethics Committee. The Approval number is H13583