

MENSTRUAL JOY QUESTIONNAIRE

Below is a list of pleasures, which women sometimes experience. Kindly evaluate your experience of these pleasures during the three different states listed below:

- A. During your *most recent* menstrual flow
- B. During the *week preceding* your menstrual flow
- C. During the *remainder* of your cycle

Write the number in each space, which corresponds most accurately to your experience.

- 1= none
- 2= hardly noticeable
- 3= mildly
- 4= moderate
- 5= strong
- 6= acute

NOTE: In answering the questionnaire, reflect on the experiences of your most recent cycle.

	A. Most Recent Flow	B. Week Before	C. Remainder of cycle
1. High spirits			
2. Increased sexual desire			
3. Vibrant activity			
4. Revolutionary zeal			
5. Intense concentration			
6. Feels of affection			
7. Self-confidence			
8. Sense of euphoria			
9. Creativity			
10. Feelings of power			

Delaney, J, Lupton, M.J., & Toth, E. (1988). *The Curse: A Cultural history of menstruation*. University of Illinois, IL.

MENSTRUAL ATTITUDE QUESTIONNAIRE

Circle the number below each statement that indicates your level of agreement for that statement.

MENSTRUATION AS A BOTHERSOME EVENT

1. Menstruation is something I just have to put up with.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

2. In some ways I enjoy my menstrual periods.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

3. Men have a real advantage in not having the monthly interruption of a menstrual period.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

4. I hope it will be possible someday to get a menstrual period over within a few minutes.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

5. The only thing menstruation is good for is to let me know I'm not pregnant.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

6. Menstruation provides a way for me to keep in touch with my body.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

III. MENSTRUATION AS A NATURAL EVENT

1. Menstruation is a reoccurring affirmation of womanhood.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

2. Menstruation allows women to be more aware of their bodies.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

3. Menstruation provides a way for me to keep in touch with my body.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

4. Menstruation is an obvious example of the rhythmicity which pervades all of life.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

5. The recurrent monthly flow of menstruation is an external indication of a woman's general good health.

Strongly disagree ---1----2----3----4----5-----6----7---- Strongly agree

IV. ANTICIPATION AND PREDICTION OF THE ONSET OF MENSTRUATION

1. I can tell my period is approaching because of breast tenderness, backache, cramps, or other

physical signs.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

2. I have learned to anticipate my menstrual period by the mood changes which precede it.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

3. My own moods are not influenced in any major way by the phase of my menstrual cycle.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

4. I am more easily upset during my premenstrual or menstrual periods than at other times of the month.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

5. Most women show a weight gain just before or during menstruation.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

DENIAL OF ANY EFFECT OF MENSTRUATION

1. Others should not be critical of a woman who is easily upset before or during her menstrual period.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

2. Cramps are bothersome only if one pays attention to them.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

3. A woman who attributes her irritability to her approaching menstrual period is neurotic.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

4. I barely notice the minor physiological effects of my menstrual periods.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

5. Women who complain of menstrual distress are just using that as an excuse.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

6. Premenstrual tension/irritability is all in a woman's head.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree

7. Most women make too much of the minor physiological effects of menstruation.

Strongly disagree ---1-----2-----3-----4-----5-----6-----7---- Strongly agree