



The Department of Obstetrics and Gynaecology  
Faculty of Medical and Health Sciences  
The University of Auckland  
Private Bag 92019, Auckland Mail Centre, Auckland 1142  
Level 1 Building 507, 22-30 Park Avenue, Grafton, Auckland 1023  
New Zealand



## Exploring the needs and experiences of young women In New Zealand / Aotearoa with period symptoms

### INFORMATION SHEET FOR PARENTS / WHĀNAU

Kia Ora,

Young people aged 13 to 25 years are invited to take part in a research study run by researchers at the University of Auckland (Dr Theresa Mittermeier, a GP, Dr Joy Marriott and Dr Wendy Burgess, gynaecologists) along with Dr Mike Armour, a senior health researcher at Western Sydney University and Deborah Bush, Founder of Endometriosis NZ.

Taking part in this study is entirely voluntary and would involve your child filling out an anonymous survey about their periods.

The aim of the research is to improve the understanding of the symptoms and experiences of young New Zealand women with periods. Many young women experience symptoms such as pain or heavy bleeding with their period which may affect many areas of their life, such as their studies, social activities, mood and confidence. We are looking to improve the education and health care young women receive about periods. The research team understands that some people who have periods do not identify as female. This survey is open to people of all genders who have periods.

To be able to take part in this study young people need to be:

- Aged 13-25 years
- Currently living in New Zealand
- Have had at least 3 periods
- Able to speak and understand English and the research information provided

### What will young people be asked to do?

- Fill in an anonymous online or paper survey asking some questions about their periods, symptoms during your periods, how they manage their symptoms and the impact of periods on their life, including school or university studies. There will also be questions about where they get information about periods and their understanding of what is a 'normal' period. The survey will take approximately 15 minutes.
- As a token of appreciation for giving their time, participants can opt to enter a draw to win one of 2 \$100 Farmers Vouchers. For the online survey, the entry details will be available once the survey has been completed. For the written survey, the entry form will be attached to return with the survey if participants wish to enter. Contact details will not be linked to the survey result, will be kept confidential and discarded once no longer required for what a participant has agreed to.

## **Privacy and confidentiality**

We are giving young people the opportunity to answer this survey themselves, as we are interested in their opinions and ideas. The information is designed to be culturally safe and for an age 13 reading level. Parental consent will not be sought specifically as this is a low-risk online survey and to make sure the answers are a true reflection of a young women's understanding and experiences of her symptoms. However, young people are free to discuss the survey with their parents/whānau if they choose.

The researchers cannot identify participants from the answers they give, as no personal information such as name, birth date, address or email is collected in the survey and we will remove any reference to personal information from their answers if necessary. The survey data will only be accessible by the research team and will not be used for other projects. We do not collect any cookies or computer data.

Some of the questions are personal as they relate to periods – participants can skip a question due to discomfort or personal preference or can simply leave it blank or move onto the next question. Please note we are not asking any questions related to gender identity, sexual activity or abuse. Participants may withdraw from the study at any time before they submit their survey but we cannot remove answers from the study once these are submitted, as there is no way of identifying which participant these are from.

Participants may separately provide their email addresses if they wish to enter the prize draw, receive the study results or be informed about the opportunity to participate in future research in this area. Email addresses will not be linked to their survey responses and will be deleted once no longer required for what they consented for.

## **What benefits will participants and/or the broader community receive for participating?**

Information gained from all the surveys completed by many NZ young women will help researchers (like us) create better educational resources and improve the healthcare young women receive in managing their period symptoms.

We will provide website links for suggested websites about period symptoms which we hope young people will find useful at the end of the survey. We recommend they see their GP if this survey has raised questions or concerns about any period symptoms.

## **What will happen with the study results?**

The results of this study will be published in scientific journals and/or presented at talks to share this important information with other researchers. However, the Information will be given as a summary of what we found, rather than individual participant data.

## **Further information**

If you would like to ask further questions about the study, please do not hesitate to contact Dr Theresa Mittermeier ([theresa.mittermeier@auckland.ac.nz](mailto:theresa.mittermeier@auckland.ac.nz)).

**For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee** at [ahrec@auckland.ac.nz](mailto:ahrec@auckland.ac.nz) or at 373 7599 x 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.

Thank you very much

Ngā mihi nui

Theresa

Primary Investigator: Dr Theresa Mittermeier  
Clinical Fellow, Department of Obstetrics & Gynaecology  
Email: [theresa.mittermeier@auckland.ac.nz](mailto:theresa.mittermeier@auckland.ac.nz)

Supervisor: Dr Joy Marriott  
Senior Lecturer in Obstetrics & Gynaecology  
Email: [j.marriott@auckland.ac.nz](mailto:j.marriott@auckland.ac.nz)

Head of Department: Professor Larry Chamley  
Email: [h.pannell@auckland.ac.nz](mailto:h.pannell@auckland.ac.nz)

*Approved by the Auckland Health Research Ethics Committee on 5/10/2021 for three years. Reference number: AH23057. The study is funded by the University of Auckland.*

---

***The online link to the survey is found here:***

[https://auckland.au1.qualtrics.com/jfe/form/SV\\_cGy3pcWAZclX3hQ](https://auckland.au1.qualtrics.com/jfe/form/SV_cGy3pcWAZclX3hQ)

---