



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 PARTICIPANTS

Kia Ora,

You 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 (up to you) and would involve you filling out an anonymous survey about your 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 you 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

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

### What will I be asked to do?

- Fill in an anonymous online or paper survey asking some questions about your periods, symptoms during your periods, how you manage your symptoms and the impact of your periods on your life, including your school or university studies. There will also be questions about where you get information about periods and your understanding of what is a 'normal' period.

- As a token of appreciation for giving your time, you 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 you complete the survey. For the written survey, the entry form will be attached for you to return with the survey if you wish to enter. Your contact details will not be linked to your survey result, will be kept confidential and discarded once no longer required for what you have agreed to.

### **How much of my time will I need to give?**

The survey will take approximately 15-30 minutes of your time. You will be required to complete the survey in one sitting as we do not collect any personal information, cookies or computer data, to protect your privacy.

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

There may not be any immediate benefits to you for taking part. However, the 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 you will find useful at the end of the survey. However, if you find that taking part in this survey has raised questions or concerns about your period symptoms, we would recommend seeing your GP.

### **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.

### **Your rights**

If you decide to take part, you can:

- **Ask questions about the study or share any concerns**, by contacting Dr Theresa Mittermeier or Dr Joy Marriott at any time, which may help you decide whether you would like to take part.
- **Be sure that your answers are private and confidential:** The researchers cannot identify you from the answers you 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 your answers. The survey data will only be accessible by the research team and will not be used for other projects.
- **Decline to answer any question:** Some of the questions are personal as they relate to your periods – if you prefer to skip a question due to discomfort or personal preference, you can simply leave it blank or move onto the next question.
- **Withdraw from the study if you stop filling in the survey before you press the finish button to submit your survey (online survey), or if you do not return your survey (paper survey).** Once you have submitted your survey, we cannot remove your answers from the study, as there is no way of identifying which is your survey.
- **Discuss taking part with your parent/guardian/whānau** if you would like to. However, this is optional as we are interested in your symptoms and experiences, and for you to have the opportunity to answer the questions privately. You may ask for cultural support from your whānau or by contacting the research team for further contact details in your area which may be appropriate for you. A parent/whānau information sheet is available if you would like to share this.
- **Tell other people about the study:** Yes, you can share the Qualtrics link or our contact details for them to ask any questions and obtain a copy of this information sheet.

- **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)

*Alternatively, if you are filling in a written consent form and survey, please mail these to the following address (addressed freepost envelope can be provided) or email to [h.pannell@auckland.ac.nz](mailto:h.pannell@auckland.ac.nz)*

*Department of Obstetrics and Gynaecology  
The University of Auckland  
Private Bag 92019  
Auckland  
New Zealand*

---