

Appendix

Summary of the questionnaire

Part 1: Questions about basic characteristics

- Age, marital status, nationality, level of education
- Work, voluntary work and study: hours per week, sector, experienced stress
- Smoking
- Menstrual cycle: total length, number of days with blood loss, number of times needing to change pad or tampon
- Medical and obstetric history
- Contraception use

Part 2: General questions about menstruation-related symptoms

- Symptoms: abdominal pain, heavy menstrual blood loss, headache, fatigue, backache, nausea and vomiting, tender breasts, problems with stool, psychological complaints
- Per symptom: number of days the symptom was present; number of days that the symptom influenced daily functioning; the magnitude of the symptom's influence on daily functioning; pain or intensity score (not for heavy menstrual bleeding, nausea and vomiting); continuation of daily activities despite symptoms; and the extent to which women forced themselves to continue their daily activities
- Usage of over-the-counter drugs, narcotics, painkillers, alternative medicine

Part 3: Questions related to absenteeism and presenteeism (full text)

- How often did you call in sick due to menstrual complaints in the past six months?
 - Every menstrual cycle
 - Almost every menstrual cycle
 - Half of all menstrual cycles
 - Sometimes
 - Never

- What is the mean number of days you called in sick due to menstruation-related symptoms per cycle in the past six months?
 - More than three days
 - Three days
 - Two days
 - One day
 - Half a day or a few hours

- What is the number of days you were present at work while being hindered by menstrual complaints?

- How was your performance during these days?
 - A Visual Analog Scale by means of sliding a bar was used to score the amount of productivity loss, where the left end said “I could not do anything” and the right end said “I could do just as much as I normally do”.

- What was the number of days you called in sick because of non-menstruation-related symptoms in the past six months?

- What reason do you give when you call in sick due to menstruation-related symptoms?
 - Menstrual complaints
 - Only the presenting symptom, for example abdominal pain or headache
 - You do not give a reason
 - You think up another reason

- What measures would be desirable for women on the workplace or at school during their menstrual period? It is possible to give more than one answer.
 - A day off without any consequences
 - A day off to catch up later
 - Flexibility to perform less physical work
 - More time for personal care
 - The possibility to work from home
 - None
 - Not applicable