



Assent Form Minor 13 - 17 years old - Menstrual Health for Minors Study

Principal Investigators

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Purpose

Many young people do not receive clear, supportive, and stigma-free information about periods (menstruation). How they first learn about and experience periods at home, in school, in sports, and with friends can shape how they feel about their bodies, how they manage symptoms, and whether they seek help when needed. Yet most existing tools and information (including apps) are designed with adults in mind and may not fit the realities of 8–17-year-olds.

This study aims to better understand how children (ages 8–12) and adolescents (ages 13–17) learn about and manage periods in everyday life, and what goals, challenges, and needs they have. By listening to young people, as well as adults involved in their care (e.g., caregivers, teachers, coaches, health professionals), we hope to inform future education, technologies, and support that are safer, more inclusive, and more useful for young people who menstruate.

Study Procedure

After your parent or guardian has signed the consent form, a researcher will meet with you, explain the study, and give you time to ask any questions you have. You will then be asked if you personally want to take part. If you do not wish to participate, you simply won't be included.

If you agree, you will take part in a one-time conversation (about 60 minutes). We will ask how you experience menstruation, what you know about it, whether you already have your period, and, if you do, how you manage it in everyday life (for example, at school, at home, or in sports). We will also show you different examples of menstrual health technologies and products (e.g., apps, tracking tools, and pictures of products and/or unopened menstrual products) and ask what you like or dislike about them, and what you would change. There are no tests, exams, or medical procedures, and there are no "right" or "wrong" answers. We are interested in your own experiences and opinions.

Benefits and Risks

By taking part in this study, you will have the chance to talk about your needs and experiences related to menstruation, describe any challenges you face, and share your ideas and wishes for future menstrual health technologies and support. You can also ask questions about menstruation in a safe setting and may learn new information that helps you feel more prepared and confident.

The main risk for you is that you might feel embarrassed, uncomfortable, or upset when talking about your body, periods, or personal experiences. Taking part also uses some of your time. You can skip any question



you do not want to answer, and you can stop participating at any moment, without giving a reason and without any negative consequences. We will do our best to protect your privacy and keep your answers confidential.

Personal Information

During this study, we will collect only limited information about you: your age and your gender. You will choose a pseudonym (a made-up name), and your real name will not be used during the study. The session will be audio-recorded so we can accurately capture what you say. The recording will be used only to create a written transcript for analysis, and the analysis will use only pseudonymized data (meaning the transcript will not include information that identifies you). After the transcript has been created, the audio recording will be deleted. Only members of the research team will have access to the transcript, and it will not be shared with anyone outside the research team.

Uses of the Study Data

The results of this study will potentially appear in both internal and external academic research presentations and publications, such as academic journals and conference proceedings. Whenever we refer to our findings, we will ensure to publish only fully anonymized and fully de-identified information using pseudonyms (e.g., P09).

Contact for Information about the Study

If you have any questions or want further information with respect to the study, you may contact Marinja Principe (marinja.principe@uzh.ch) or Prof. Dr. Marcia Nissen (marcia.nissen@uzh.ch).

Assent for Study Participation

Your participation in this study is entirely voluntary. You are free to decide whether or not you want to take part. You may stop taking part in the study at any time, without giving any reason and without any negative consequences. Unless you ask us not to, any information collected before you stop may still be used for this study.

With your consent to this form, you confirm the following statements:

- I understand the study's goals, procedures, and applicable conditions.
- I had the opportunity to ask questions. I understood the answers and accept them.
- I had enough time to decide and voluntarily agree to participate in this study.
- I agree that the session will be audio-recorded for transcription and later data analysis, and that the audio recordings will be deleted after transcription.

Saying yes to this study does not take away any of your legal rights, and it does not release the researchers or the institutions involved from their legal or professional responsibilities.

Participant name

Location, Date

Participant signature