Why am I here?



You are here because you read the information sheet, signed a consent form and passed our screening survey

I want to change my mind



Your participation is entirely voluntary:
You can leave the study (or today's session) at any time without having to give a reason

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Download task apps

Screener app



Tone-flash app

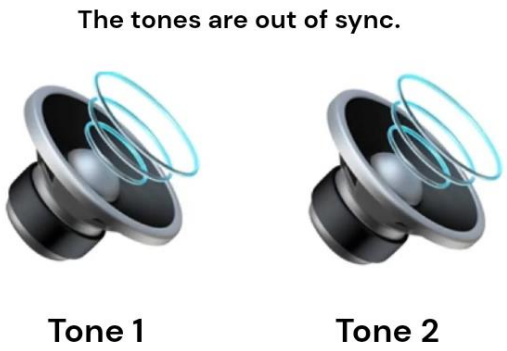


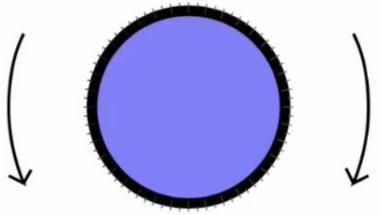
Tone-heartbeat app



Tone-tone task

You will do a task where you try to get **two tones in sync with each other**

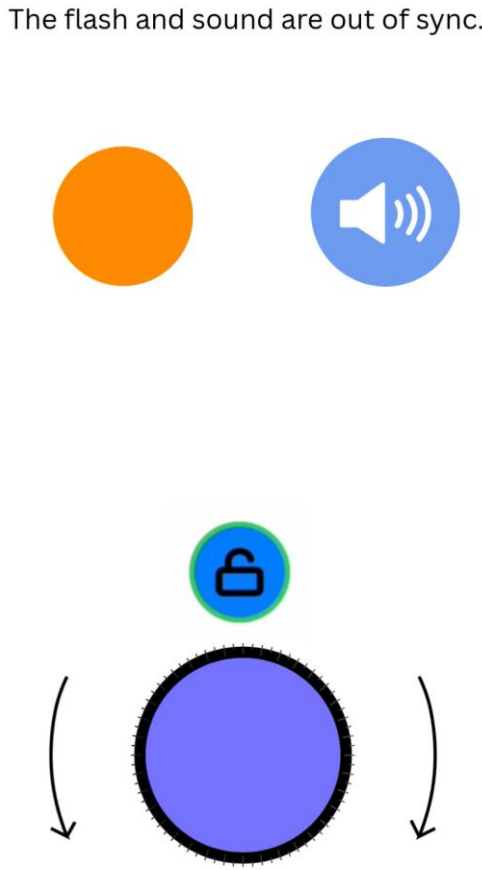




Tone-flash and tone-heartbeat tasks. Let’s practice!

Tone-flash task

You will do a similar task but instead, you try to get ***a flashing circle*** in sync with the tone

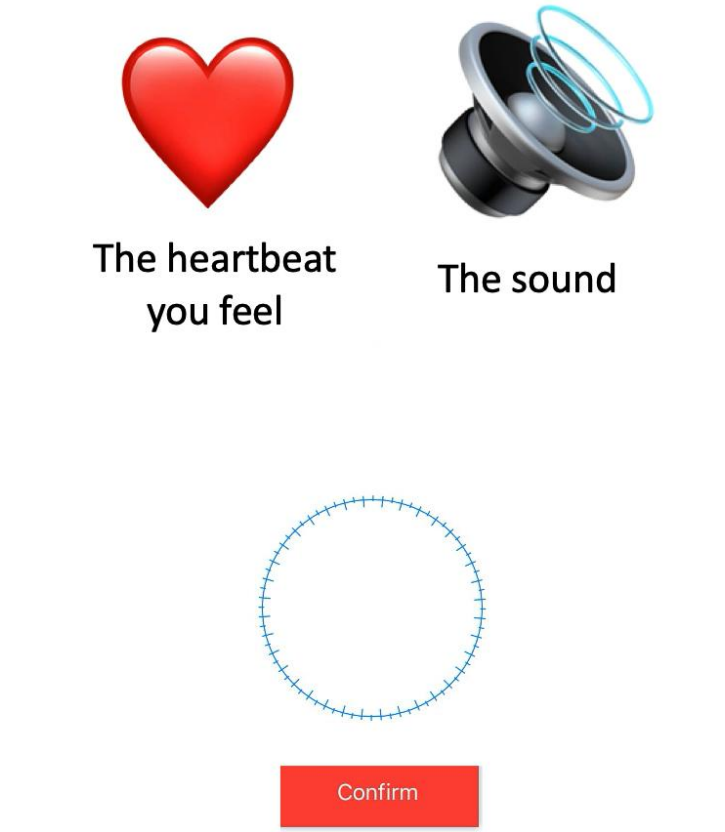


Tone-heartbeat task (PAT)

You will do a similar task but instead, you try to get ***your heartbeat*** in sync with the tone

Don't worry if you find this difficult!

- Do **not** try to feel your pulse with your hand, we are interested in how people 'feel' from inside
- You might 'feel' heartbeats in multiple bodily locations – if so, **stick to one** if you can



Quiz

What should I not do in the task?

Answer:

- **Feel my heartbeat with my hand**

Quiz

What should I not do once I put my finger on the dial

Answer:

- **Do not lift it off the screen**

Quiz

How frequently should I do these tasks?

Answer:

- **Every 1-2 days.**
- **Minimum 2 days. Ideally everyday.**

Quiz

When should I charge my Apple watch?

Answer:

During the daytime because I must wear it during my sleep to track my temperature

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Any questions so far?
Let’s have a few minutes break

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How to track your cervical mucus

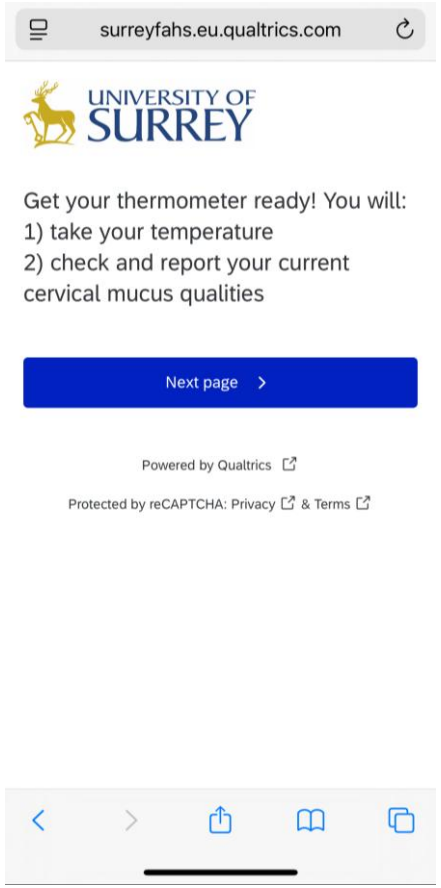
What is cervical mucus?

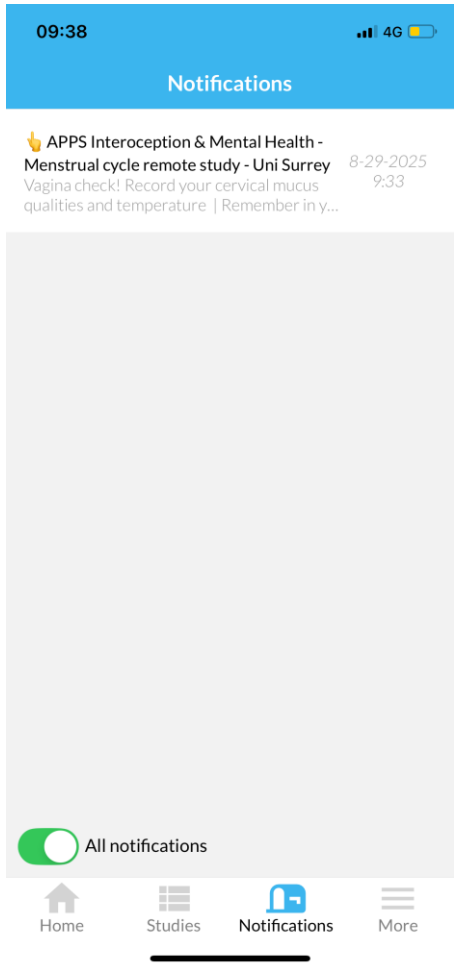
How do I track my cervical mucus?

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How do I track my cervical mucus?







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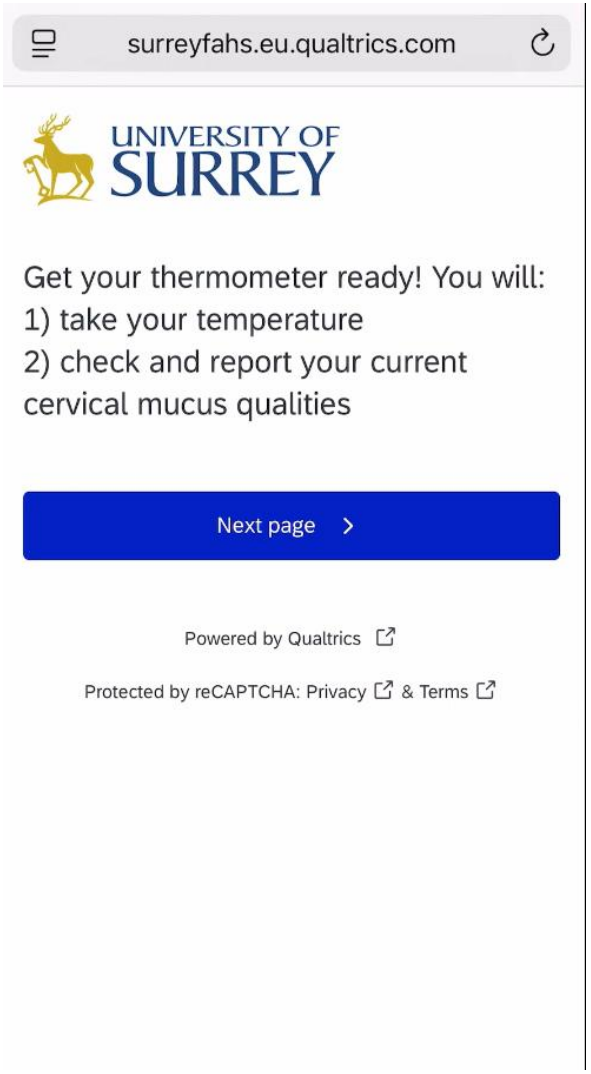
How do I track my temperature?







1. Put the tip of the thermometer under your tongue, towards the back of your mouth.
2. Close your lips around the thermometer.
3. Wait until the thermometer beeps.
4. Remove the thermometer from your mouth and check the temperature on the display.



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Tracking your cervical mucus in your app

Quiz

What do I have to do every morning?

Answer:

- **Take my temperature**
- **Track my cervical mucus qualities:**

1) **Samply**
2) **Pre existing app**

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Quiz

What is the most important thing I will do every day in the study?

Answer:

Track my cervical mucus qualities every morning:

1) **Samply**
2) **Pre existing app**

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Quiz

“Oops I forgot to do my morning questions, what should I do now?”

Answer:

If you miss a day, don’t worry!
We might reach out to help you catch up.
Try your best to do this every morning.

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Quiz

What should I do if I have bleeding outside my period?

Answer:

- **Report this as spotting**
- **It can be normal**
- **If it is <u>unusual</u> contact your GP**
- **We cannot provide health diagnostics**

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Quiz

What is the difference between Spotting and Menstruating?

Answer:

- **Spotting happens outside of your period**
- **Usually very light (in amount and colour)**

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Quiz

What is the difference between Wet/Watery VS. Very wet and Stretchy, resembles raw egg white?

Answer:

- **Wet/Watery will not be as stretchy, thick and like raw egg white**
- **May feel wet VS stretchy**
- **The raw egg white may be easier to lift off your underwear and feel between your fingers**

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Check your underwear

Check the toilet roll



Don’t worry, cervical mucus doesn’t contain anything harmful!

You can wash your hands afterwards too!



With clean hands insert your fingers into your vagina



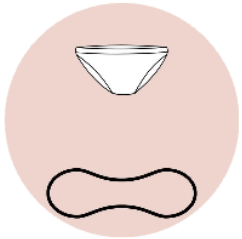
How does it look?
How does it feel, what is the sensation?

- Underwear
- Vagina
- Fingers

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What if I'm unsure?

You will often be reporting one of the options below to describe your cervical mucus. If you are deciding between these options, use your best judgement.



1. Dry or no discharge

Can make your vagina feel **dry**, **rough**, or **itchy**

2. Sticky



Can look like small **sticky lumps** in your underwear.

3. Creamy



Can look **thick**, **creamy**, **whiteish** or **yellowish** in your underwear.

- Do not worry if you are reporting one of these options more or less than another.
- Everyone's experience is somewhat unique.
- It may sometimes be hard to tell the difference – trust your judgement and report whichever best applies to you in that moment.

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What if I'm unsure?

The most important to distinguish from the others is:

Very Wet and Stretchy, resembles raw egg white

This is different from Wet/Watery or Sticky

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Upload your preexisting MC data

Download study from Samply

Samply app





Final measures (5 mins):

- Blood pressure
- Height, weight
- Remind next steps: Samply will start tomorrow

ANY QUESTIONS:
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