

Interview Guide: 1.2

Protocol #: 17-013780

Hello, my name is _____ and I am a member of a research team at The Children's Hospital of Philadelphia. Our team is working to design tools for young teens to learn about menstruation and tampons. As part of our study to develop this tool we are talking to young women [and their mothers] across the Philadelphia area. This discussion will probably take about 45 minutes. Everything you say will be kept confidential and your name or anything else that identifies you will not be associated with your responses. Only study staff at the Hospital will have access to the audio recording of today's discussion. Do you have any questions before we begin?

[ANSWER QUESTIONS AS NEEDED]

Great! Thank you.

Q1: First, what do you remember most vividly about your/your daughter's first period? [\(Behaviors and Attitudes – First Menses\)](#)

Probe: What was your first reaction? What did you do?

Probe: (for daughters) Who did you talk to about getting your period?

Probe: (for daughters) Where were you when it happened?

Q2: When you/your daughter got your/her period, did you turn to any resources to find additional information? [\(Knowledge – Sources, First Menses\)](#)

Probe: (If no) Did you receive information without asking/looking for it? If so, what and from whom?

Probe: (for mothers) Were there resources you had or wish you had to give to your daughter? For yourself?

Probe: (If yes) What sources did you turn to for information? (i.e. internet, books, videos)

Probe: Where there certain people who you turned to for information? (i.e. friends, parents, doctor)

Probe: How did you determine what resources to use?

Q3: What things did you want to know/to tell her at that time? Did learning these things help? [\(Knowledge – Content, First Menses\)](#)

Probe: (for daughters) What did you learn about periods before you got them? Who taught you? Did you want to receive information then?

Probe: (for daughters) Were the things you learned helpful when you got your period?

Probe: (for mothers) Did you talk to your daughter about first periods in advance? Did you find this helpful?

Q4: What type of protection did you use for your first menses? [\(Behaviors and Attitudes – Protection, First Menses\)](#)

Probe: What made you decide to use that type of protection?

Probe: (for mothers) Did this affect what your recommended for your daughter?

Probe: What were your concerns about you/your daughter using menstrual protection at that time?

Q5: Have you/your daughter ever used a tampon for menstrual protection? (*If yes*) What made you/your daughter decide to use a tampon for the first time? ([Behaviors, Barriers and Beliefs – Protection, Tampon-specific](#))

Probe: Was there a specific event that made you/your daughter want to use a tampon?

Probe: What were your thoughts about that decision? (*Further probe if necessary* – What was good about it? Did you have any concerns or worries?)

Probe: (*If tampon use was not at initiation of menses or if no tampon use currently*) What barriers kept/keep you/your daughter from using a tampon?

Q6: What were your first impressions of tampons? How do you feel about them now? ([Attitudes – Protection, Tampon-specific](#))

Probe: When I say tampon, what's the first word that comes to mind?

Probe: Were there things you (or your daughter) found hard about using a tampon? How did you/she overcome these challenges?

Probe: What were the good things about tampon use initially? Do you still see those as advantages?

Q7: What resources, if any, did you turn to for information specific to tampon use? ([Knowledge – Sources, Tampon-specific](#))

Probe: Did you use the internet, books, videos?

Probe: How did you or she determine what resources to use?

Probe: How do you think information about tampons could best be distributed to teens today?

Probe: Who is the best source to give the information? Who should get it and when?

Probe: How can technology be best used to help teach today's young girls about tampons?

Q8: What information and products do you wish you had when you first learned about tampons? ([Knowledge – Content, Tampon-specific](#))

Probe: Would you have wanted to know more about how to insert a tampon, why tampons are used, dangers of tampon use, etc.?

Probe: Do you think messages for today's young teenagers should be different?

Probe: What specific information should we be sure to include? Not include?

Thank you for taking the time to talk about your experiences with me! I've been listening to what you've said, and it seems your thoughts cover several main themes. [SHOW POST-ITS WITH THEMES]. Do you think I've missed anything we've discussed? [IF SO, ADD IN]. If you had to pick the three most important themes to bring back to the research team at The Children's Hospital of Philadelphia, which would you choose?

[PROVIDE CURRENT DRAFT CONTENTS]

*We are currently designing a product for others and daughters to use as they learn together during the daughter's first period. While we have ideas about what will go into this product, much of what you told us today will help to inform our decisions. We have some sample materials that we've began to draft for the product and would love to get your feedback. These materials were designed by health professionals at the Children's Hospital of Philadelphia to address all the things we just talked about. Take a minute to look it over, and see what you think, especially focusing on your three main themes **[LIST THEMES]**.*

Q9: What do you think of this product? (Perceptions of TTK – content, packing, usability, utility)

Probe: What parts of it are great? What would you have designed differently?

Probe: What do you wish was there/what would you add? What would you take away?

Probe: What is there that you wouldn't have thought of but is helpful?

Probe: Who would this be most useful for? How should they get it? What would make it more useable for them?