

## ESC Grant application form - Project v2019 - A

<b>Submission Date</b>	2019-06-28 03:35:52
<b>Name of applicant</b>	Laura Medina-Perucha
<b>Job title</b>	Postdoctoral researcher
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<b>A short CV of the applicant (or the principal investigator) should be provided here. (Max 250 words)</b>	<p>Laura Medina-Perucha (MSc, PhD) is a psychologist and qualitative researcher in social sciences and health. Her PhD research at the University of Bath (UK) focused on designing pharmacy-based health services to prevent sexually transmitted infections, HIV and other blood-borne viruses among women using drugs. She has also developed a social-ecological framework of sexual health risks of women using drugs. Laura's research interests and experience are on social determinants of women's health, through the lens of the Social-Ecological Framework and Intersectionality and Feminist Theory. She is currently working at the IDIAP Jordi Gol in Barcelona (Spain) as a qualitative researcher, and aims to start a line of research on menstrual health and period poverty in Spain.</p> <p>Anna Berenguera Ossó has a BSc in Psychology, MSc in Social Sciences (University of Surrey) and PhD in Public Health (University of Barcelona). She has wide-ranging experience in leadership of projects funded in competitive calls for proposals using mixed and qualitative methodologies. She is currently leading a study to establish guidelines on involvement of the population in research. She is assistant professor of the UdG and UPF. She has co-authored an open-access qualitative research manual (in Spanish and English).</p> <p>The research team will also be composed by menstrual health activists, health professionals, educators, youth representatives, and policymakers. This is considering Responsible Research and Innovation (RRI) guidelines.</p>
<b>Submission date of this form</b>	28-06-2019
<b>Is the person responsible for the project different to the person named in box A</b>	No
<b>Title of the project</b>	Menstrual health and period poverty among young people who menstruate in the Barcelona metropolitan area (Spain)

**Please provide a comprehensive description of your project. The application will be assessed under the following headings: Background and hypothesis; Specific aims and objectives; a Needs Analysis with evidence of unmet need and Innovation; Approach and Methodology; ie numbers recruited, ethical approval. inclusion & exclusion criteria; Expected outcomes; Impact it will or may have in the field of contraception, sexual and reproductive health; Feasibility (1000 words)**

The research on menstrual health is still scarce. Menstrual health is associated with the access of people who menstruate to accurate information about menstruation, menstrual products and clean and safe wash facilities. Also, with experiences related to the menstrual cycle and the use of menstrual health as a health promotion tool. A good menstrual health also includes tackling menstruation-related taboos, stigma and discrimination. Promoting menstrual health is key to reach gender equity and promote health people who menstruate. Also, it has been suggested that menstrual health should be incorporated as a vital sign and within sexual and reproductive health programmes. We would focus on "people who menstruate" rather than women to exclude those who have a menstrual cycle but are not women/do not identify as women (i.e., transsexual and transgender).

Activist-led movements have increased awareness of the costs of menstrual products and socio-cultural practices and conceptions on menstruation that have a negative impact on women's health and wellbeing. These movements aim at promoting "menstrual culture" to demystify the menstrual cycle, from a feminist and sociocultural perspective. These movements and some health professionals in Spain are already suggesting body awareness and knowledge about one's menstrual cycle as tools for health promotion.

One aspect of menstrual health is the access to menstrual products. Research in other countries, such as the United Kingdom (Plan International UK, 2017), has highlighted experiences of period poverty among young women. This term refers to barriers (financial, social, cultural and political) in accessing menstrual products, and education of available products and menstruation.

Despite social movements to promote menstrual culture and reduce taxes of menstrual products in the last few years, menstrual health in Spain continues to be ignored. This is reflected on national and regional public health strategies, in which menstrual health is never present. Besides, even if 27,7% of children were at risk of poverty in Catalunya in 2017 (IDESCAT, 2018), experiences of period poverty have not been explored. Social, cultural, financial and political barriers to promote menstrual health, tackle stigma and discrimination and eliminate period poverty have also been overlooked.

## SPECIFIC AIMS AND OBJECTIVES

This project aims to explore menstrual health and experiences of period poverty among young people who menstruate (YPM) (11-16 years old). The study will be conducted in the Barcelona metropolitan area between 2019 and 2021.

The objectives will be:

1. To identify the prevalence of period poverty in YPM.
2. To explore socio-cultural understandings of menstruation and menstrual health in YPM, men who do not menstruate of the same age, health professionals, teachers, activists and policymakers.
3. To explore experiences of menstruation and period poverty among YPM.
4. To explore menstruation-related stigma and discrimination.
5. To identify barriers and facilitators to promote menstrual health, and to access education and healthcare for menstrual health.
6. To identify opportunities to improve menstrual health-related experiences of YPM and reduce period poverty. Provide recommendations for future research, policy and practice.

## NEEDS ANALYSIS WITH EVIDENCE OF UNMET NEED AND INNOVATION

Menstrual health and period poverty have been importantly underexplored in Spain. Our team aims to start a line of research on menstrual health and period poverty in the area of Barcelona. Then, we aim at scaling up the study to other areas in Spain. This proposal has been written in collaboration with menstrual health activists, health professionals, educators and youth representatives.

## APPROACH AND METHODOLOGY

This is an embedded mixed-methods research:

### Quantitative study

1. Non-standardised questionnaire (N = 871 YPM at 18 schools, based on power calculations).

Main outcomes: 1) use of menstrual products, 2) financial (and other) barriers to access menstrual products, 3) use of hormonal contraception, 4) period pain and menstrual disorders, 5) mental health, 6) access to menstrual health consultations, 7) menstruation-related school absenteeism, 8) menstruation-related interference on school performance and other activities, 9) menstruation-related stigma and discrimination, 10) access to menstrual health education.

### Qualitative study

2. Semi-structured interviews: 20 YPM will take part in semi-structured interviews using photo elicitation techniques.
3. Group interviews: Nine group interviews (three with YPM only, three with men who do not menstruate only, and three mixed) will be run with an estimate of 45 YPM and 45 men who do not menstruate.
4. World Café: Teachers, health professionals, policymakers, activists will be invited to participate in a world café. There will be a maximum of 12 professionals in the session.

### Ethical approvals

We have considered a number of ethical issues, especially as this research involves the participation of minors. We will obtain the necessary ethical approvals prior to the start of the research from our organisation (IDIAP Jordi Gol). We will follow the ethical principles of the Declaration of Helsinki (64th WMA General Assembly, Fortaleza, Brazil, October 2013).

### Dissemination

The findings will be disseminated through:

1. Meetings and workshops at 'citizen science' events and schools.
2. Dissemination work produced by YPM and men who do not menstruate (e.g. art exhibition or photobook).
3. Short reports, presentations and meetings with policymakers, activists, health professionals, educators and youth (and other) organisations.
4. Short reports, presentations and meetings with activists, health professionals and educators.
5. Scientific publications.
6. Presentations at national and international conferences.

## EXPECTED OUTCOMES

This study will have an impact on developing and improving policy and (social, educational and health) services to improve menstrual health (and reduce period poverty) among YPM.

## IMPACT ON THE FIELD OF CONTRACEPTION, SEXUAL AND REPRODUCTIVE HEALTH

This study will have important contributions to the field of contraception, sexual and reproductive health. It will be a novel study to identify and explore experiences of menstrual health and period poverty in Spain. The study will provide recommendations to improve the access to education and healthcare related for menstrual health. It will also identify strategies to reduce period poverty.

## FEASIBILITY

Partnerships already established with activists, health professionals, educators, youth organisations, policymakers and other academics will ensure that we can recruit enough participants for the study. We also have the support of our organisation. The project is also feasible within the timeframe suggested.

<b>Timeline: When will it start / finish? (Max 20 words)</b>	Quantitative study: 09/2019 – 04/2020 Qualitative study: Semi-structured interviews (09/2019–06/2020), Group interviews (09/2020 – 04/2021), World Café (07/2020 – 09/2021).
<b>Where will it take place – country / town, establishment? (Max 20 words)</b>	Primary and secondary schools, primary care centres, sexual health centres and youth organisations in Barcelona’s metropolitan area, using purposive sampling.
<b>Sector in the area of contraception, sexual and reproductive health:</b>	Menstrual health
<b>Is it a ‘new’ project?</b>	Yes
<b>Do you foresee any reasons (political, climatic, etc) why this project may be adversely affected? (Max 20 words)</b>	We do not expect any reasons why this project may be adversely affected.
<b>How much will this project cost?</b>	13,020€
<b>How much are you requesting from ESC?</b>	9,820€
<b>Are there other partners or organisations supporting this same project?</b>	Yes
<b>If YES - name the other partners who will support this project (Max 20 words)</b>	Our organisation supports grant applications for the development of this research, but we have not applied for this funding yet.
<b>Have you already obtained any funding?</b>	No

**Budget**

List each Item required for this project	Amount requested from ESC	Amount requested from additional partner	Name of partner	Any Comments
Costs related to the questionnaire	0	500	IDIAPJGol	Quantitative study
Remuneration participants (10€ vouchers)	1220	0	N/A	Qualitative study
Transport expenses	100	200	IDIAPJGol	Transport expenses for data collection
Transcriptions	6000	1000	IDIAPJGol	Qualitative study
Dissemination in citizen science events and schools	500	0	N/A	Citizen science events such as Pint of Science, Dia de la Ciència Ciutadana (Citizen Science Day) in Barcelona
Dissemination work created by participants	800	0	N/A	E.g. Art exhibition or photobook
Presentations at national and international conferences	500	500	IDIAPJGol	E.g. 16th Congress of the European Society of Contraception and Reproductive Health; 2nd International Interdisciplinary Conference on Gender Studies and the Status of Women; 16th World Congress on Public Health

Two publications in open-access scientific journal	500	1000	IDIAPJGol	
Other costs	200	0	N/A	E.g., refreshments for data collection for the qualitative study

**Total amount requested from ESC** 9,820€

**Total amount requested from partner(s)** 4,200€

**Add any additional information here** We will start the quantitative study using the team's own resources, and support from the IDIAPJGol. We mainly request funding to conduct the qualitative study and disseminate the findings. We will apply for grant applications to the IDIAPJGol in November 2019, to support this research.

**The ESC may not be in a position to fully fund all applications; you must indicate whether / how part funding may impact your project. (Max 100 words)** Getting funding from the ESC would be crucial for the development of studies 2-4 of this study. We will start study 1 without external funding, considering the resources that we have at the moment at our organisation. We hope to get funding in order to conduct studies 2-4 of the study, as we could otherwise not fund the research. This could have implications in the perpetuation of the invisibility of menstrual health as key for health promotion, and experiences of period poverty in Spain among YPM.

**Who will oversee the budget & keep accounts? Provide name, title, contact number and email address** Sandra Illán Díez  
Financial manager IDIAPJGol  
+34934824279  
sillan@idiapjgol.org

**If you or your department has received funding from ESC for a project or course before, please give details of the date of funding, contact person and title of project or course.** We have not received previous funding from the ESC.

I/We, as responsible agents for this project, agree to the following 10 points:

	yes
I/We agree that all monies will be spent appropriately	✓
I/We agree to work with the nominated Mentor	✓
I/We agree to advise you at the earliest time if this project is delayed or cannot be completed	✓
I/We agree to provide an interim report(s) part way through the project and a final report to the ESC within 6 months of the end of the project.	✓
I/We agree to provide the ESC with an interim budget(s) and a detailed budget at the end of the project. NOTE funding will be awarded in stages and will be dependent on appropriate reporting.	✓
I/We agree to provide receipts for monies spent if requested.	✓
I/We agree that if we need to make any significant changes to the duration, contents or funding of the project after it has been awarded, I/we will advise the nominated mentor.	✓
I/We agree that any unspent money will be returned to the ESC	✓
I/We (the applicant) agree to acknowledge the ESC as a donor in any publications, submission of abstracts and oral communications resulting from this project. Please inform the ESC Office where and when the data is to be presented and/or published and note that ideally any manuscript should be sent to the ESC journal in the first instance.	✓
I/We agree to remain fully paid up ESC member(s) until the final grant report is submitted	✓

**Full Name**

Laura Medina Perucha

**Date**

28-06-2019