Participant 8

Duration: 42.34

Mother of dysmenorrheic girl (16 years old)

Interviewer: OK (name), could you start off by telling me a bit about yourself?

Participant: Um, my name’s (name) um, I’m the mother of (daughter), erm (daughter)’s our only child and erm has suffered really badly from heavy periods since she was 11 years old…

Interviewer: Mhmm can you tell me a bit about you so age, occupation..

Participant: Right, I just had my birthday yesterday so 56 now believe it or not.

Interviewer: Happy birthday

Participant: (daughter) was um err a much wanted baby that didn’t come until I was 40 erm so um, yeah so I work full-time at (location) general hospital, health and safety currently erm and I’ve always worked full-time so (daughter) has always either been in holiday clubs or um has been cared for by relatives in the school holidays.

Interviewer: OK um so your family situation so who’s at home?

Participant: So it’s just me, my husband, and (daughter), and the dog who often gets called (daughters name) by mistake, or (daughter) gets called (dogs name) (laughs)

Interviewer: (laughs) erm do you have any like hobbies or things you like to do outside of work?

Participant: Well mainly now with the dog who was meant to be (daughter)’s dog, my husband and I walk the dog and take care of the dog so erm that’s mainly our time really, we’re both working full-time so we don’t really have a lot of recreational time like we use to do…

Interviewer: What does your partner do?

Participant: So he works in health and safety at the University of (location).

Interviewer: OK so erm, if it’s OK with you, could we talk a little bit about (daughter)’s period pain?

Participant: So as I say (daughter) started her periods when she was 11 years old erm had very very heavy periods which she was very, very embarrassed about when she was younger obviously um the school were really good and tried to help her with it when they could. I used to suffer from heavy periods so I knew what it was like but I didn't start mine until I was 13 erm her pain has been very difficult to control because her pain threshold is not very good um, so it’s very hard to actually hard to find out when she actually is in real pain and when it’s just like a comforting pain.

Interviewer: Yeah, can you tell me more about that, how you know her pain threshold is low?

Participant: Um, she, she’s always been a bit of a hypochondriac erm in illnesses and things like that and erm I dunno why she’s like that in pain because I can tolerate quite a bit of pain and so can my husband but um, I don’t know whether it’s an only child thing, wanting a bit more comfort, I’m not really quite sure. But it’s really hard to ascertain when she really is in pain you know, if you said to her, she would say oh 10 out of 10 my pain is really bad but I would probably only be about a 5 or a 6 out of 10 for that. And the school have found that quite hard to contain as well where quite a few times I’ve had to come and pick her up from school where she is in real pain to the extent when I think well I’m worried, I’ll go take you down to the walk-in clinic or the A & E when actually all she wants to do is come home and go to bed. So it’s quite hard to actually find out where her pain threshold actually does lie.

Interviewer: OK yeah, and what do you do to find that out?

Participant: Erm we rely on her really to sort of talk and it’s very hard to actually ascertain that because um, she thinks you’re trying to have a go at her but it’s just trying to find out exactly what is wrong with her. She suffers quite badly with migraines as well, her sort of whole mood changes on her period, during her periods.

Interviewer: OK do the migraines normally coincide with the periods?

Participant: Yes

Interviewer: OK, so can you tell me when you were first aware of her period pains?

Participant: Um, well ever since she started she had them but we didn’t go to see the GP until she was about 13 erm and they’ve tried really hard to give her erm, I don’t know the name of the tables, she’s probably told you, the flow tablets and the pain tablets, she’s on really quite strong pain killers now erm again I find it really, really hard because she, unless you physically see her taking a tablet, I’m not quite sure what she actually does take and sometimes I think she overdoses and sometimes think she underdoses so we’ve tried really hard to, now that she’s 16, to make her more aware of that but even now she’ll come back and say I’ve got a really bad headache and we say well you need to address that, you need to take some paracetamol but she doesn’t so it’s very hard, and then the doctor, with her irregular periods, tried to, tried twice to put her on the pill um but she won’t take the pill regularly.

Interviewer: OK, and do you know why that is?

Participant: Um, she’s got a little bit of um, a phobia about taking the pill, taking tablets, I’m not quite sure why I’m, I suppose because she’s read up on things, she’s quite good, quite astute at googling and reading up on things so she was quite worried about taking the pill for fertility reasons and blood clots and things like that. I actually had a blood clot when I was on the pill and I had to come off the pill when I was 13.

Interviewer: OK so does (daughter) know that?

Participant: Yes. So um, it’s been really hard getting her to take the pill to try and regulate her periods because she comes on sort of every 20 odd days so it’s quite hard for her to cope with that and she’s quite sporty as well so that tends to hinder her.

Interviewer: Yeah, I bet, (clears throat), can you talk to me about um, are there any other symptoms that come with her pain? So we talked about migraines….

Participant: Certainly she gets very emotional um you can start to tell when she’s starting to come on her periods um and her skin has got sort of quite a lot worse in recent months definitely and I think that’s because, although she’s quite sporty and knows the right foods to eat she comfort eats the wrong foods and then that’s made her skin worse and then she gets quite um worried about her looks and her appearance as well so that doesn’t help so she has got a little bit of um, a problem with herself and how she actually looks.

Interviewer: Why do you think that is?

Participant: Um, I don’t know why she’s err, I think she was fine when she was um at Junior school and then when she went to secondary school, an all-girls school I think, although she’s never admitted to the bullying side of it, I think she was because she was very tall to start with, she wore, was meant to be wearing glasses um full-time as well which again she won’t do because of her appearance and again with the heavy periods and not being able to cope with the pain and that hasn’t also helped, not helped her really with life really.

Interviewer: OK, how does that make you feel as a mum?

Participant: Oh, it’s really really sad, we both just don’t know which way to turn really, which was, I was hoping out of this study, there might be some other people that we could talk to really to help her because it’s at a standstill really, the GP I think has done all that they can, we’ve tried counselling with the school and that hasn’t helped either, it’s just we don’t want her to ruin her life really and be unhappy because of not being able to cope with her body really.

Interviewer: OK, yeah. OK so going back, would you be able to talk to me about the time-frame of the pain so how long it lasts…

Participant: Um she tends to erm definitely as soon as her bleeding starts, or maybe the day before her period starts, she has quite intense pains and then it lasts probably about a week.

Interviewer: OK and is that every period?

Participant: Most, not every period but it’s most periods.

Interviewer: OK, and have you noticed any times when it might be worse or better?

Participant: No I haven’t really, you just know from herself and I think again, if she’s feeling, the more down in herself she’s feeling, it’s probably worse as well.

Interviewer: So it’s connected with how…

Participant: How she feels herself…

Interviewer: OK, um has it changed at all so she started young really, year 6, and um the pain pretty much started from there so has, has it changed? Have you noticed from…

Participant: It seems to be, her pain seems to be worse definitely the last year um and I mean the last time we went to the GP I wanted to know whether she needed to be seen y a gynaecologist but they weren't keen for her to do that.

Interviewer: OK, why did you want her to be seen…

Participant: I don’t know, again whether she had some fibroids or something like that that was causing the pain, the intense pain she was having.

Interviewer: Why weren't the doctors keen?

Participant: Um, they wanted her to try the pill again and err, they, they said to go and see the gynaecologist was sort of the last resort really, they felt that with young girls in particular um there wasn’t a need to go and see a gynaecologist.

Interviewer: How do you feel about that?

Participant: Um, quite upset really as, you know, if she has got something wrong with her I’d rather she got it sorted out now and felt that she was being helped rather than carrying on with no end to it really.

Interviewer: Yeah and how, do you think, did you talk to her about maybe going to see the gynaecologist?

Participant: Yeah she wasn’t happy about, if that, and again she’s quite private about herself and even with being examined by the GP she gets embarrassed even though we’ve been specifically to see a female GP each time.

Interviewer: OK so the examinations that she’s had, what type of examinations?

Participant: I think, she hasn’t had an internal at all, it’s only been feeling her tummy,

Interviewer: OK and you said she feels uncomfortable about that as well.

Participant: Yep

Interviewer: OK, has she had any other investigations or form of sort of medical investigations?

Participant: To do with her periods- no.

Interviewer: An em-

Participant: Oh we tried to have a blood test done and that that was a bit of a problem last time because she was under 16 and the GP wouldn’t um do the blood test at the surgery so we had to go to the hospital to have to done but the queues at the paediatric outpatients was so huge that we just didn’t get it done in the end.

Interviewer: OK, have you got any plans to get that done?

Participant: That was going to be my next step really because if she can go as an adult it wouldn’t be quite so bad.

Interviewer: Um, so can you tell me about your experiences with the doctors, you said you’ve been back and tried different medications and things…

Participant: Yeah, I think they try to be understanding um, (daughter) hats’ been very forthcoming in front of the doctors, she’s been quite um, um into her feelings and doesn’t really talk about them, she gets embarrassed about talking to the doctor.

Interviewer: Why do you think that is?

Participant: Err I don’t know really, hmmm I don’t know it’s never, it’s nothing that we’ve ever encouraged, we’re quite open, I just think she’s very private about her body for whatever reason I don’t know.

Interviewer: It’s just talking to someone she doesn’t know very well?

Participant: Yeah, even we’ve gone back to see the same doctor a couple of times but she still doesn't open up particularly.

Interviewer: OK how have the doctors been with her?

Participant: Well, other than giving her the tablets erm, I haven’t really had that much help at all from the doctors.

Interviewer: OK and have they like explained what they think could be the cause of it or…

Participant: No

Interviewer: Nothing at all?

Participant: No

Interviewer: OK and how do you feel about that?

Participant: Well, again as I said you know, quite upset really because I just feel that it’s gone on for so long now and it’s obviously dragging her down, it’s affecting her lifestyle at the moment um I do feel that if there was something that could be done it’d be really helpful to her.

Interviewer: OK, can you tell me about erm the effectiveness of the medication that she’s tried? So the pill, the painkillers?

Participant: Um, yeah um, because I’m not really sure how much she’s actually taken, I cant really answer that but from what erm I’ve seen of her I, whatever she’s been prescribed it doesn’t seem to be working but that may not be because, but that may be because she hasn’t taken it.

Interviewer: OK then erm, so what, so like if they don’t seem to be working, what other things erm does she do or do you do to try and relieve it?

Participant: She has a hot water bottles, hot drinks, um, hot baths, I think she feels that a bath every time sort of helps um to do that um, with the migraines, she has the migraine um gel pads erm, so we, my next resort is sort of like a tens machine or something. I haven’t gone down that route yet because I didn’t want to introduce something that I felt that she might rely on erm but the problem that she has erm if we go to school in the mornings and she’s got an intense pain she’ll have a hot water bottle all the time in the car but then she won’t take it into school even though I said I’m sure if you go to the sick room, they will heat the bottle up for you but she, she won’t do that.

Interviewer: Why do you think she won’t take it with her?

Participant: Um I don’t think she wants to be um made to feel that she’s different to the other girls at school.

Interviewer: OK so if she does go in without the hot water bottle, how does she cope when she goes in?

Participant: Um, I will get quite a few texts um saying how bad she feels which makes me feel dreadful (laughs) um but we, she has had quite a lot of sickness from school because of it and I would have to come and collect her and bring her home or she wouldn’t go into school.

Interviewer: OK and how are the school about that?

Participant: Erm obviously her absences were causing a problem so we’ve had a couple of letters.

Interviewer: And how have you felt when you’ve got those letters?

Participant: Erm, quite hard really because again, it’s not all down to the period pain, some of that’s migraines, colds, she seems to be particularly susceptible to colds and things.

Interviewer: So erm how, have you explained that to the school?

Participant: Yes, we’ve tried yeah, yeah.

Interviewer: And how has that gone?

Participant: Erm I think (daughter) has erm quite a good rapport with the school nurse and she says that the school nurse seems to understand how she feels and I think she’s able to talk to the school nurse.

Interviewer: And the teachers?

Participant: Err, I don’t think she has a very good rapport with many of the teachers there.

Interviewer: She doesn’t go to them for support?

Participant: No. Some of her friends have been quite good with her, when they’re aware of it.

Interviewer: OK and um, so would (daughter) take time of school for every period or every few or…

Participant: I think if she was allowed to she would do um we try to push her to go in so you know she is really bad when you have to go and pick her up form school.

Interviewer: Yeah, OK, and did that often happen when you’d have to go back…

Participant: Yeah it’s happened quite a few times yeah, I wouldn’t say it’s often because more often than not, it’s very difficult for me to get out of work to pick her up um so via text messages we tell her to just grin and bear it until she gets home, not wanting her to be in the position where, if she, I don’t want her to be in a position where every time she has a period she knows she can have time off, she has to to sort of come to grips with it a little bit and um manage it, although it’s very difficult for her to manage it (inaudible).

Interviewer: OK so when she does go to school and she doesn’t get picked up, do you think it impacts on her day?

Participant: Yes

Interviewer: Can you tell me a bit more about that, so how do you think….

Participant: Um, I think, I know that she sits out of PE and dance and drama and things like that because she’s aware of um leaking and things like that err I’m sure that her mood is noticed by teachers at school as well and her temperament, she gets quite weepy and emotionally and it’s just the slightest thing will set her off.

Interviewer: OK, do you think that’s because of the pain or…

Participant> Um, some of it is pain, some of it I think psychologically, she feels really under the weather and doesn’t want to be at school.

Interviewer: OK and erm, how do you think that impacts on her school performance?

Participant: Err, she’s quite intellectual so err she always manages to come out and do what she’s meant to do but I do think that some of that probably doesn’t enable to her come to her best.

Interviewer: OK, and how about things like concentration, does it affect that?

Participant: Yes it does

Interviewer: Is that just with school or….

Participant: school work, and, and home as well, she tends to sit here cuddled up in a rug and dressing gown and just sits there with her ipad or whatever.

Interviewer: OK and how about so, you mentioned she sits in a rug and.. what about activities in the home or things she would normally do in the day?

Participant: Yeah, she’ not very, um, when she has her period you know she’s not going to be very proactive around the house or do much, she’ll just be either upstairs or on the sofa um, she, she, she’s quite sporty and she does do a lot of running and there has been times when she hasn’t gone running or keep fit because of the pain or her periods.

Interviewer: OK, and how does she feel about that?

Participant: She, I think she’s quite annoyed by it really that she sort of has to give in to that extent.

Interviewer: So you’ve mentioned sport, what about any other hobbies or leisurely things she likes to do like social things?

Participant: Certainly it’s affected her quite a few times if she’s had to go swimming and things like that, she’s really, really against going swimming at school and that, um she missed um the majority of her swimming lessons with periods because she went swimming every other week and every other week it seemed to almost be like, so that definitely was an impact on her um I think she just gets very self-conscious when she leaks.

Interviewer: OK, do you think that does impact on her confidence…

Participant: Yeah I’m sure, I think it does yeah, so she’s very much aware of what she wears, if she needs the toilet and things like that.

Interviewer: Erm and how about friendships? Whether she can go out with her friends and things like that?

Participant: She hasn’t got a, a lot of close friends err but the friends that she has got she’ll still tend to go out with or more often if she’s feeling under the weather she’ll have people round here.

Interviewer: OK, so she’ll still get to see them ..

Participant: Yeah

Interviewer: OK, erm so how about erm like family, family activities, time that you guys spend together? Does it impact on anything like that?

Participant: Yeah because you know from her temperament that she’s not feeling very well so er yes, yeah that sort of doesn’t go down very well sometimes um or if she’s feeling really lousey and we’re going out somewhere and she doesn’t want to come, and if she comes it’s under sufferance really if she’s not feeling very well. It makes it quite hard sometimes, certainly with family events.

Interviewer: And how about things like family holidays?

Participant: Yeah she gets very worried if we’ve got a family holiday planned, she’ll always count to see her days to see whether it’s going to be affected by her periods erm, erm, we have been on holiday when she’s had periods and she has sort of coped with it but again it’s like impacted on swimming and activities and things.

Interviewer: OK, can I ask you about how it impacts on your life?

Participant: Yeah quite stressful, her moods and temperaments, she does get very tired erm I find it quite hard to get her motivated, especially in the mornings um

Interviewer: How do you do that? How do you get her motivated?

Participant: Um, it’s quite stressful in the mornings really, trying to get her out and about, up and ready and you know, last minute she needs to go to the toilet and it’ll be just as your ready to go out of the house, these sorts of things become difficult um, just, just her whole attitude of coping with it sometimes it pulls us down quite a bit.

Interviewer: Can you tell me a bit more about that?

Participant: She’ll get moody, won’t want to talk to you, just wants to be curled up on the settee, doesn’t move doesn’t want to do anything um unless she’s physically and I ask her to come and do something, she’ll do it under duress then because she’s not feeling very well.

Interviewer: Yeah and how does that, does that cause difficulty in your relationship with her?

Participant: It stresses me in the morning in particular because I’m the one who has to get her out of bed and school so that always causes a problem in the morning (laughs).

Interviewer: Yeah, OK, and how about your social life, does it impact on anything like that?

Participant: Not really, I think (daughter) will just pull herself together if we’ve got something planned and she will persevere and come but she won’t want to stay out for very long and she’ll say can we go home, I don’t feel very well.

Interviewer: And what would happen, would you?

Participant: Oh we would normally come home early.

Interviewer: And how, how would you feel about that?

Participant: Sometimes, sometimes it’s been hard to come away from events um, sometimes it’s frustrating, um and sometimes we haven’t come and she’s persevered and stuck it out.

Interviewer: And how is she if she does persevere?

Participant: Not very happy (laughs) yeah you can tell from (daughter) when she’s not very happy (laughs) she lets you know.

Interviewer: (laughs) you said that sometimes you come and pick her up from school err and you and your husband both work full-time, so how does that, how does that work, do you take turns?

Participant: It’s not because (husband) works in (location) so it’s normally me that has to go and pick her up normally because it’s womens issues he doesn’t get too involved um but certainly it has concerned me a couple of times when she has been in real pain um but I you know feel really bad then and just bring her home and think it could be something a bit more serious.

Interviewer: OK, and how are your work about your going?

Participant: Usually, my manager is quite good, I’m normally able to make up hours where I can, um, but certainly he’s aware that in the last year I’ve had more time off than normal having to go and pick her up.

Interviewer: And how, how does that make you feel?

Participant: Well it pulls on me quite a bit because um I’m a one man band at work so it’s quite hard when I have the time, although I can work from home it’s not the same as being at work and on site so…my work then just mounts up and I have to catch up as and when I can which is a misdemeanour sometimes (laughs)

Interviewer: (laughs) OK so, you, you have mentioned about how mornings are quite stressful and do you, how would you say it impacts on your stress levels and how you feel?

Participant: Oh, in the morning, (daughter)’s not a very good morning person anyway and then we she has her periods, she’s really not wanting to go into school and you’re pushing her to get herself going and get into school and then at last minute she’s saying can I have a hot water bottle, you know, why didn’t you tell me that 20 minutes ago I couldn’t warmed the kettle up (laughs) so err, that, that side of it’s quite hard and then on the way from here into school she’s normally quite upset and feels that I don’t understand how she’s feeling making her go into school .

Interviewer: Yeah, do you err you know, do you talk to her about it a lot or…

Participant: I try to, I say she’s not very good at opening up and also when you try to talk to her she tries, very often gets quite upset cause she feels that you’re having a go at her rather than sorting it out.

Interviewer: OK, how about your, the way that you cope, so when you are feeling stressed in the morning and you’re worried about time and (daughter’s upset, and you’ve got all this going on, how do you cope?

Participant: Oh it gets me quite upset, very upset.

Interviewer: How do you make yourself feel better?

Participant: Err normally I sort of have err a bit of a rant and a rave at my mum to sort of get it off my system, my mum gets upset then, sort of some of my work colleagues are aware that I’m having to have time off to go and pick her up so…we tend to discuss things so…

Interviewer: Does that help?

Participant: It helps to have the support there um, but it still makes it quite hard when you feel that you’re sort of helpless at sorting the situation out really and you just want to make it better.

Interviewer: Does your husband help, does he support you?

Participant: He, he, he is supportive, again he’s worried about (daughter)’s absences from work or school rather and again he’s aware very much of her pain thresholds and sometimes he feels that she could just pull herself together a little bit and cope with it a bit better.

Interviewer: OK, and does it ever cause, you know when you’re tired or stressed out, how does it affect your relationship?

Participant: Oh yes, we quite often have words over it and…

Interviewer: What would that sort of be due to?

Participant: Normally if I say to (husband), (daughter) was like this today, he’s tired and he thinks that you’re having a winge and that sort of thing…

Interviewer: OK so can you tell me about how does it impact on your, your ability to plan, your activities, your ability to plan the future.

Participant: I wouldn’t say it affects us that much but obviously you’re very much aware, especially if you’re aware from home, that you haven’t got the hot water bottle, you maybe haven’t got the medication, she goes through pads very, very quickly.

Interviewer: And are you the person sort of in charge?

Participant: Yeah

Interviewer: OK, so can I ask, has it affected anything like sleep?

Participant: Oh right yeah she wakes me up quite often in the night if she’s really, really bad and I’m the one that gets up and tends to her and makes her a hot water bottle and hot drink

Interviewer: And how does that affect you?

Participant: That’s really hard for me cause I find I need my sleep so it takes me quite a long time to get over that.

Interviewer: Yeah, OK, yeah, and erm how does that affect (daughter) as well? Because if her sleeps broken and your sleeps broken…

Participant: Yeah, I think she is aware that she has woken me up and um, I,I, (daughter) will sort of, she wants the pain to stop and she wants to feel better so she becomes quite self-centered, she doesn’t particularly go out of her way I don't think to, to make things sometimes a little bit easier.

Interviewer: OK so how would, how would you wake up, would she come in or…

Participant: Sometimes she has come in to me or I’ve heard her get up or I’ve heard a couple of times I’ve heard her crying and then I’ve got up.

Interviewer: Does that happen a lot?

Participant: Not a great deal, I would say in the last year it’s happened moreso than it used to

Interviewer: Is that with increased pain intensity?

Participant: It seems to be, that was what was worrying me, that I felt there was something more involved there that needed to be looked at, she had one really bad episode at school recently where she erm was doing um PE and had a really bad stomach pain and it made me sort of think was something dislodged or was catching or I don’t know….

Interviewer: And what happened then?

Participant: The school asked me to come and get her, she’d actually gone to the sick room and erm, she’s actually fallen asleep in the sick room so erm it was a couple of hours before I went to pick her up because we thought well you know, will she, if she has a sleep, will she then get better and then continue with her school but it didn’t work like that.

Interviewer: OK so you came and picked her up…

Participant: Yeah and was actually going to take her straight down to the walk in centre but she didn’t want to

Interviewer: Why do you think that was?

Participant: She just wanted to come home and get in the bath and tolerate it that way which is what she did and she went to bed.

Interviewer: And how was that leaving work were they understanding?

Participant: They were understanding at the time um, it did put them in a position because I did have things planned out that day in particular so they had to cancel that and then I just worked from home.

Interviewer: OK, and do you think there’s been a change from when (daughter) was in year 6 to how she copes now, is it any different or…

Participant: Um, I don't think she tolerates it as much now as she probably did in year 6 um, I think it’s pulling her down quite a bit now, she probably feels that nothing is going to be done and she’s going to be a female having periods every 3 weeks for the rest of her life and heavy and painful and there’s no end to it really.

Interviewer: And what are your expectations, do you think something will change or it’ll be the same?

Participant: Well, that’s why I was hoping the GP would be a bit more helpful, and then seeing your advert there was hope, there might be something that could come out of that for her, even if it was just talking to somebody else or somebody else coming out with an idea because I just feel that we’re in a rut at the moment, we don’t seem to be going anywhere, and some of that is because I know that she doesn’t take her medication correctly and I think maybe, instead of having a pill, maybe she needs to have an implant or something like that.

Interviewer: Have you spoken to the doctor about that?

Participant: That was going to be my next, the next way round but then (daughter) has to give consent to that and I don’t know if she would do.

Interviewer: Yeah

Participant: And I don’t know when they would start doing some sort of internal investigation, I don’t know.

Interviewer: How do you feel about her [possibly having to have an internal investigation?

Participant: For me, I think it would be good for her because it would put my mind at rest because there wasn’t anything the matter but she would absolutely hate it, absolutely hate it.

Interviewer: Would you be there with her?

Participant: I would be there with her but she wouldn’t be happy about it. I don’t quite know how we would persuade her to have it done.

Interviewer: How would you help her and support her through doing that?

Participant: um, just try and to, you know and the support of someone else really talking her through it, what was going to happen and how they were going to do it, would hopefully explain to her what she was going to do, the best think would probably be to knock her out to be honest (laughs) and then do it because I think she would resist quite a bit.

Interviewer: OK, so what do you think might be the cause of the pain? You mentioned fibroids I think earlier…

Participant: I, I mean I, I had to go through a scrape when I was having issues with fertility and things so erm it was just in the back of my mind that something might happen with her. Erm, err from what she tells me her periods are quite heavy and clotty um which makes me think that you know something gives way at certain times.

Interviewer: Have you spoken to the doctor about that as well?

Participant: Yeah, I’ve told the doctor all that.

Interviewer: What was their response?

Participant: Both the female doctors that we’ve seen have just said that that’s just part of her period cycle and they were hoping that the pill would maybe regulate the cycle. I think when she takes the flow tablets it does help but again she has to take them appropriately and I don’t think she does.

Interviewer: OK I think we’ve covered most things, is there anything that we havn’t covered that you would like to talk about today?

Participant: No, other than hopefully you, out of speaking to us both, you might hopefully come up with some solutions that we can go onwards and hopefully get a bit more help, cause she’s at an important stage in her life with her exams and that and I don’t want her to be pulled down.

Interviewer: Does that worry you?

Participant: It does worry me yeah, she’s just done her mock GCSE’s and erm she struggled through that.

Interviewer: And for, for the GCSEs, how does she plan to cope with them and get through them?

Participant: She knows herself that she will work to get through them erm, it’ll just be a real shame that, as and when she has her GCSE’s if she’s got a very bad period or a very bad pain, it does impact on her concentration really, I just hope that that doesn’t happen but you just can’t tell because her periods are so irregular that you can’t plan it really.

Interviewer: Is there anything else that you want to…

Participant: In your opinion, in people that you’ve spoke to, do people go through gynaecology…

Interviewer: I’ll just stop the recording…