Participant 31

Dysmenorrheic girl (14 years old)

Duration: 37.43 minutes

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

Participant: Um I’m 14, err go to (name) high school, erm live with my parents…

Interviewer: Mhmm

Participant: And I’m an only child

Interviewer: Mhmm, that must be nice, do you get spoilt?

Participant: Yeah (laughs)

Interviewer: That's good- what do your parents do?

Participant: Um my mum works in a primary school, um and she works with um kids with disabilities um and my dad’s a lecturer and he works in a care home and um yeah he’s the manager

Interviewer: OK, OK um so what school year are you in at the moment?

Participant: Um, year 9.

Interviewer: Year 9, OK and what type of things are you doing in school at the moment? What are you doing?

Participant: We’ve just given in our options and we’re going to, we’ve been told we’re going to find that out when we come back, our options for our GCSEs.

Interviewer: OK, what did you choose?

Participant: Um, I put RE and then media and photography

Interviewer: Mhmm, good choices… what made you choose those specific things?

Participant: Um, media I like, I like like talking about movies and researching and then photography my dad used to be a photographer, and he used to have a company so I used to start taking picture with him and then I started liking it so…

Interviewer: OK, OK, and what type of hobbies, other than photography do you have, if you have any?

Participant: Um, um…

Interviewer: So what do you do in your spare time for example?

Participant: Um, not, not much, go out with friends….

Interviewer: That’s OK, that’s alright- do you watch TV, films…

Participant: Yeah

Interviewer: OK so would it be OK if we talked about your periods and things like that now?

Participant: Yeah

Interviewer: OK so when did you start your periods?

Participant: Um, I started, I used, just under a year ago…

Interviewer: OK, and did you get any pain at the start or….

Participant: No, at the start I didn’t get any pain.

Interviewer: OK and when… can you tell me a bit about when you did start getting any discomfort… or anything like that…

Participant: Um when I started… the first few months it was fine and I thought it would be easy and be OK and I started getting pain and then I didn't really like it and then, every month I would get worried that I would come on and then every time I would get stomach pains I would think oh I’ll come on now and then yeah…

Interviewer: OK um so did they, so the pain starts just before your period starts?

Participant: Yeah

Interviewer: OK and how long roughly would it last for?

Participant: Um, it would normally last for a couple of hours but normally I try to like I have a hot water bottle or I try and go to sleep so then it gets rid of it but then when I wake up I’m OK but normally I try, but if I’m at school I can’t really go to sleep and I just have to take tablets.

Interviewer: OK so is that what you do to get through school then?

Participant: Yeah

Interviewer: OK and erm have you got any… is there any other symptoms that come with like the pain?

Participant: Um, a few, recently I’ve, every time I’ve got it I’m getting, I’m feeling much, I was feeling sick and then um, yeah then I wanna like throw up a bit and then yeah, tummy ache as well with it.

Interviewer: OK, yeah that can’t be nice, and has it changed at all? The feeling…like discomfort and pain is it any worse now or, is it different at all?

Participant: Um, at the start it was not as bad but then every month it’s kind of different and then sometimes I feel sick and then sometimes it’s just a stomach pain so it kind of changes every month.

Interviewer: And erm, can you like describe the pain and how it feels?

Participant: Um, this… like when you start getting the stomach ache it’s like you try to do everything to get rid of it and then with me, I don’t, before I used to don’t like taking tablets and I would try and just stay with it and then I wouldn’t like taking tablets and my parents, and then my mates, they would be like you should take it and then I started taking it and then the pain still doesn’t really go after a couple of hours so I find it much harder cause, normally I can’t cope with pain and stuff… so I find it much difficult when the like tablets don’t work and then… yeah.

Interviewer: OK and what do you do when the tablets don’t work? What do you do… how do you deal with it then?

Participant: Um I don’t really like eat or drink anything and then when I take the tablet I just kind of crunch down or I just lay on the bed all crunched up and then the pain kind of goes when I do that and then if I like walk around and do things then the pain usually stays there and doesn’t go.

Interviewer: OK, and you know when you said about just sort of going with it or dealing with it, what you tried to do when you didn't really want to take medication… how would you do that? Like what would you do to get through that without taking tablets?

Participant: Um, I used to drink like lots of water or I’d go to the toilet, but the pain wouldn’t really go much but I would just try and stay in one position so try so it’s in one side because the pain is pretty much everywhere.

Interviewer: OK… yeah… so can you tell me about any times when the pain is worse or better?

Participant: Um, a few times, now every time I come on, I’m normally in school.

Interviewer: Yeah

Participant: So, I find it much awkward if I’m in a lesson and I need to go and then if I’m in a lesson I struggle to concentrate erm and like it’s fine when I have my teachers who are ladies cause they understand but then with the men they don’t really like understand and think it’s just you need the toilet and so when I’m in class then I try to ignore it but then I can’t do the work when I do have it yeah I find it really difficult.

Interviewer: Yeah. Does that ever impact on what you do with your work?

Participant: Um… yeah it did a bit with… we had a exam test and I started on that day and then I started getting very bad day in that lesson and I did tell my teacher before we started and then she was like if you need to go to the toilet at any point… and I couldn’t concentrate with the work and my teacher new that cause that lesson I do quite well in my exams but then when… like I went to the toilet and then when I came back I couldn't answer the questions properly and and then it did like affect my grade and my teacher did understand and she was like if you want to do it again you can because of my pain.

Interviewer: Yeah, OK, and what did you do, did you do it again?

Participant: Um I haven’t done it again yet but my, my teacher did like, when she was marking my test understand why like my mark wasn’t as good as I could have got, I then did use my book and then what I do in class when I’m OK.

Interviewer: Um, yeah, um going back- have you ever been to the doctors about period pain or anything like that?

Participant: Um, I haven’t’ really been before as I’ve nont started long ago but it’s like pain that all of us will get so it’s not that, not something I’ve got, not something that isn’t, something that’s unusual so I haven’t been to the doctors about anything.

Interviewer: OK… so it’s because it isn’t something you feel…

Participant: Yeah

Interviewer: OK, um and can you tell me a bit more about… is there anything else you do um to relieve it? So we talked about hot water bottles, we talked about paracetamol um, getting into a comfortable position… is there anything else that seems to work to relieve the pain?

Participant: Um I have lots of water and then I try to get some sleep, eve when I’m not tired um and I find it much difficult because I’m trying to like close my eyes but then the pain is just like really kicking so like in some points the pain goes and then it comes back and when I try to like walk around and get some fresh air, the pain goes and then I forget about it and it comes back quickly so it annoys me sometimes but I can’t do anything about it.

Interviewer: Yeah, that sounds frustrating. Um, so how’d you cope with it within yourself so… erm… do you like do anything to try and take your mind off of it or… erm not think about it or anything like that?

Participant: Um lots of the times I just lay on my bed and then try to listen to music or something or watch TV or then but like I lie on the bed and have a hot water bottle by me and water um and yeah

Interviewer: OK and that’s generally alright?

Participant: Yeah

Interviewer: Erm so you talked a little bit about school, that it impacts on exams and it’s difficult to concentrate on work… how about when you get home and do homework and stuff. Does it ever impact on whether you can get on with your homework or anything like that?

Participant: Um, lots of the times I do have homework or work I have to do erm when I have pain. I try to not do the work and get rid of the pain and when I do have to do it, I will do it but then I’ll struggle to concentrate with it and I’ll be more like worrying about my pain instead of my work so then I wont like put as much effort into my work and just right anything down that comes into my head so I don’t… yeah.

Interviewer: Yeah, and does that ever impact the grades you get for that bit of homework or the kind of marks that you, or feedback you get for it

Participant: Yeah sometimes and then the teachers like you could do this better and that better and then I and I’ll, I’ll know that because of, I was in pain but then lots of feedback I get, it would have been done but it’s just I wasn’t putting in much effort and I take that into my next piece of work.

Interviewer: Ok… did you ever talk to teachers about… cause you talked the teacher about your exam grade erm do you talk to them about if you haven’t done as well on your homework? Like about maybe why that was and you were in pain before you did your homework- do you ever talk to them about that?

Participant: Um, not really, if I have work I just try and do it and just give that in and if they do say anything then I wouldn’t mention it but with my teachers lots of them they’re OK with it and they will allow you to go to the toilet

Interviewer: OK, that’s good. Um, can you tell me a little bit about erm future expectations so do you think you will always have pain with periods or do you think it will get better as you get older or worse or…. How do you see it playing out?

Participant: Um, at the moment I, it’s still quite bad every month and then when like I’m quite, with pain I don’t deal with it much well like with injections and things like this but I think when I’m older I’ll be able to cope with it so like with period pains I think I’ll be much better and it’ll obviously still hurt quite a lot but I’ll be able to cope with it much better than this age.

Interviewer: OK and do you know like the cause of period pain like why some girls get it and others don't?

Participant: Um, err I dunno, it’s quite like, it’s just like lots of us who have really started it just like the first few months we don’t get it and then we think it’s OK and then when we do get it you just, everyone will know someone’s being quite grumpy and someone and lots of the girls think they’re probably on and then yeah.

Interviewer: OK and you know you said at the start you think it’s going to be OK, and you’re not gonna get any pain and then you do- how did it feel when you realised well it is gonna hurt, or it does hurt this time?

Participant: Well I didn’t… when I first started getting the pain I didn’t, I wasn’t looking ford for every month, but then I knew this was something that I’m going to have to have every, for the rest of my life probably and then um but like when I first started it, I had but then every month it’s been different and I’ve been sick and when I’m off then I think oh next month I think oh I’ll get it again and again and so I need to just kind of deal with it and start getting used to tablets cause I’m not that big of fan of it.

Interviewer: Why don’t you like taking tablet?

Participant: I don’t know I just don’t really take tablets for anything and just deal with the pain and yeah get through it

Interviewer: OK and erm, is there any particular reason you really don’t like it, is it that you don’t like swallowing tablets or is it that you don’t like taking the idea or taking something…

Participant: No it’s just swallowing the tablet

Interviewer: OK so that’s why you don’t like taking paracetamol. OK and what would, what would, when you do take it, what makes you think OK I’ve got to take a tablet… what’s the thing that triggers that?

Participant: Um, when I’m in a lot of pain like recently I started taking tablets and then when there’s like (name of friend) and my mum telling me to take it cause it’ll help, erm I’ll take it and then normally I take half and then I’ll take another half after and then I think oh I’ve taken it so it will hopefully make it better and then when it gets better then I feel much like myself again and then my friends will be like oh you’re back to yourself then and I feel much better cause even though I’m on I feel better and I’m not dealing with the pain anymore

Interviewer: Um so could you talk to me a bit about erm like school attendance, have you evr had days off school cause of it?

Participant: I have once when I couldn’t like deal with it and then I had to go outside and have fresh air and I was feeling quite sick and then I was trying to text my dad to pick me up and then normally when my dad, when he came to pick me up he had to say a lie to the school because they normally don’t allow people to go home so my dad took me home and then I took the day off school.

Interviewer: Did they, so the school wouldn’t let you take the day off for period pain?

Participant: (Shakes head)

Interviewer: No, OK and why do you think that is?

Participant: Um normally I think they don’t allow it because every girl in the school has probably started already so they think that because every girl’s for it, it’s not an excuse for us to take it, to go home so like they don’t allow and the only thing they let you do is stay in the first aid and just have a hot water bottle for like 10 minutes and then they’ll send you back to class so they don’t do much about it

Interviewer: Um, have you ever been to them about period pain?

Participant: Um yeah I’ve been a few times and then I can’t and normally I take a rest and then I try to have my lunch cause if I haven’t eaten and then um they give me a hot water bottle and then like some of the staff is quite friendly and then some of them is just like you can have it for 10 minutes then you gotta go back so I feel more comfortable with other staff than some of the others cause they’re more, like they know what you’re going through.

Interviewer: Yeah, do you find some easy to talk to?

Participant: Yeah some and some not

Interviewer: OK and how about your friends? You said a lot of them like (name) will give you paracetamol and things like that… do you find them supportive? Do you go to them if you’re in pain?

Participant: Um yeah a lot of the classes we’re all together and then when I’m like oh I should come on this week and they’ll know when I’m in pain and when I’m in pain I normally go to them lot than anyone else and then yeah they’re very supportive and they help you and they try to cheer you up and they give you paracetamol of you need it then yeah then if it’s like before lunch we’ll go in class early and then they’ll be like oh my friends like having a joke of it to make me laugh and like the girls get an excuse for me not to do work so yeah it’s alright.

Interviewer: Yeah, OK. And you said you’re dad came to pick you up one time, do you find it easy to talk to your dad about period pain? Did you explain to him why you need picking up?

Participant: Well when my dad picked me up, he thought it was something maybe I was getting bullied or something and then I said I’m in quite bad pain and he said oh is it period and I was like yeah and then when I got home my mum hadn’t finished work and then she came home and then I felt like easier saying it was hurting quite a lot but then I feel much easier to talk about it with the girls because they’re the same age and they go through the same pain and like my mums coping with it in a different way and my dad doesn’t really cope with it at all so (laughs)

Interviewer: (laughs) yeah and how, how were they about it though… were they understanding about it when you did tell them?

Participant: My parents?

Interviewer: Yeah

Participant: Um, when I started, I started, I think I started and I told my mum and then my mum helped me and she showed me each one when it’s for, what it’s for and then my mum told my dad and my dad was like just saying how you’re growing old now and things will change and with my friends it’s different and they take it and they don’t put any negative into, they just add it as a positive thing and it’s not something to worry about so some of us have started and some of us haven’t so like when we’re in pain they see what we’re going through and then but it’s better because now I know everything that I need to know about it.

Interviewer: Yeah, that’s good and it sounds like you’ve got a good social support network which is nice. Um so how about your regular daily activities, say you were ever in pain, when you’re at home would it ever impact on what you would normally do at home? Like helping out around the house or anything like that if you do that?

Participant: Yeah I do help out and then if my mum knows I’m in pain she’ll let me just sit down and watch TV but then if it’s not much pain I’ll still try and help if I can but then if I’m just in pain I’ll just go upstairs and try and be by myself and then have a hot water bottle and try to get some rest.

Interviewer: Yeah, OK. And how about any like sports, PE or anything like that? Has it ever impacted on whether you want to do PE or exercise?

Participant: Yeah u if I come on maybe the day before PE, normally if we have a note saying we’re in pain our teacher doesn’t allow us cause we have 2 male teachers and a woman but our, but the lady, she’s quite str

Ct about PE and she doesn’t allow anyone to take it off and if we say we’re in pain she won’t say anything and like we know she’s gone through it as well but she’s quite harsh about it and acts as if it’s not happening and if we say we’re in quite a lot of pain she’ll say do some running it’ll help and then things is with trampolining, sometimes I feel quite uncomfortable if we have to do like flips and stuff and then I don’t do it as much and then the PE teachers it annoys us quite a lot when we’re in pain and they don’t really seem to care and don’t do anything about it.

Interviewer; OK so they’re not really understanding about the whole thing. OK so, so how do you get around that, so say you have to do trampolining, or you have to do PE, how do you make it so it’s not that bad, how’d you get through the…

Participant: If we’re doing something like trampolining I’ll try and miss a go… so there’s all groups of us so the teachers… we normally have, it’s mixed so they don’t really focu on who’s had a go and who hasn’t so I try and avoid them noticing me not having a go or if it’s something like running I just won’t put effort into it and then normally if I’m in big pain I just don’t really seem to care and don’t really want to put effort into my work.

Interviewer: Yeah OK, erm and now can you tell me about friendship and social activities so, you said you go ouot with your friends quite a lot, erm would it ever stop you going out or make you feel that you didn't want to or couldn't enjoy yourself as much if you had a tummy ache?

Participant: Um if I had started and we want to go out I will try to go out but then like lots of the activities I wouldn’t do like if we went (shopping) or something, I wouldn't run or have as much fun as the others and then they’ll go crazy and run around but I’ll just kind of be crazy and have a step back and still crunch down and yeah and don’t have as much fun as I could of so it kind of ruins the day a bit.

Interviewer: Yeah, and how are your friends, you said they’re quite understanding and supportive erm, if you’re quite quiet do they do anything to cheer you up or…

Participant: Yeah we’ve got like (name) is like a mum in our group so she’s the one who like looks after all of us and when we’re all, she’ll be the one who hugs us and you know, she’ll be the one who is very supportive and then there’s like another girl who hasn’t started but she’s the one who’ll make you laugh and she’ll do jokes with you and then like (name), she’s started and she’ll like hug you and everything and she’ll like make you laugh as well so some of them like hugging you all the time trying to make you feel OK about it then some of them trying to make you laugh and cheerful so it’s, it’s good like I’m feeling happy and then I’m not feeling uncomfortable about it in front of all the others so yeah it’s good.

Interviewer: Sounds like you have a good friendship group. Erm so, can you tell me a bit about family life and stuff like that so…. (background noise), family life so if you went home to your mum and dad, you said your mum lets you not do a lot- does it ever impact on your relationships with your mum and dad? (phone goes off) Is that you?

Participant: (nods and puts phone away)

Interviewer: Does it impact on how you interact with your mum and dad?

Participant: Um when I’m, normally when I do I go quite grumpy and try to avoid housework and stuff and then if my mum say asks me a question and then I’m and will just give her a quiet response and if she keeps going on I get quite like annoyed about It and like snap a bit and like with my dad, I’ll just completely ignore my dad and with my mum I sometimes snap because I don’t really want to talk to anyone at the time and then my dad doesn’t really understand anything so he’ll be like oh can you do this and can you do that and I’ll be like I’ll do it later and then I’ll tell my mum and then she’ll do it so most of the time I’ll try and be alone.

Interviewer: Yeah. Um, does it ever impact on how you feel about yourself like self-confidence and stuff like that?

Participant: Um, not really I still like, I’m just more like quiet and just ignore everyone and try and keep low and when I’m myself I’m loud and in classes and like loads of people they notice the difference when I’m in pain and I’m very quiet and when I’m myself I’m just going off.

Interviewer: OK so quite a big contrast yeah, so does it ever impact on activities like family birthdays, Christmas or family holidays? Or whatever else you do together?

Participant: Um like when.. like if I’m at home and then we go to a party I’m not as massively worried about it but then when we like went on holiday with my dad I took a few packs and then I felt like a bit uncomfortable changing and stuff and when I went with my family we would go to the beach and I wouldn’t be able to go and then I didn’t really tell them why but they would know obviously then I would just be like I’m not going to go swim so it does kind of…

Interviewer: Why, why wouldn’t you tell them why?

Participant: Um, well my uncles obviously I wouldn’t but then my aunt, they would be understanding because my family is obviously quite supportive so then I’d be like I can’t really swim so then I’d be trying an activity that I’d be able to join in so they’re quite supportive but sometimes it does like ruin the mood a lot because like I love going to the beaches but like when I can’t do activities that I’d wanna do it kind of like, you know, I kind of get a bit sad about it.

Interviewer: Um, and how about the planning thing, you said when you went away with your dad that you took lots of pads, if you’ve got something planned and you think you might be in pain on your period, how do you prepare for things if you think you might have period pain?

Participant: Um then I’ll make sure I have some in my bag and I’ll make sure I have tablets but then there’s not much I can do about it if I do come on that day but then I try to like ignore it but then if I know that I’m gonna have it on the day specifically, then I’ll try and take tablets before so then maybe the pain will like go away before it even comes so I try to plan ahead thinking when I’m gonna come on and yeah

Interviewer: Yeah, and do you find that that works? Does that tend to keep it at bay?

Participant: Hmm sometimes it works like I think that I’ll come on this week and then I don’t and then I come on like a week late so it kind of changes everything that I do in like at home and at school and then if I think I’ve got like a test this week and then if I think I might come on this week and then I start thinking like I’ll take tablets but then it kind of puts me in a bit of an annoyed mood if I’m gonna come on that day if we’re doing something important so yeah.

Interviewer: OK um, is there anything that we haven’t talked about? You mentioned, actually you mentioned that you like to go for a nap and sometimes it’s difficult to get to sleep. Is it difficult to sleep at night as well?

Participant: Um I do wake up like if I go for a nap I can’t really like, do anything and then it’s just the pain is really hurting a lot and then I try to go to sleep and then the pain goes so I feel better but then like if I’m um sleeping and then like I come on halfway through the night and the pain starts coming then I will wake up and I’ll, I try, I wanna get up to get tablets but then I wanna stay in bed so I just stay in bed for a bit and then I go out to get tablets but it could be like halfway through the night so then I’m comfortable and then, I try not to, I can’t sleep until the morning because the pain’s just hurting quite a lot.

Interviewer: Does that ever happen when you’ve got to get up in the morning for school and to do things?

Participant: Yeah

Interviewer: And how does that impact on the day?

Participant: Um, if I, lots of times I’ve come on when I’m getting ready for school so like if I’m walking to school so I don’t, I try to like just crunch down when I walk so it makes me walk awkward you know and people think why is she walking like that and then like for school I’ll just completely like not focus on the work and then I’ll just try not to like get in any rows or anything and just ignore everyone so yeah just annoyed with it.

Interviewer: Yeah, I can imagine. Um, so is there anything.. does it impact on your life in any other way? Is there anything we haven’t talked about that you’d like to talk about today?

Participant: Um, it doesn’t affect like everything I do but then like I know that other girls probably get worse pain and but then I know it’s something, I realise it’s something that I’ll have to live with and then I know it’ll be something that I’ll cope better with when I’m older and then I’ll be able to struggle through the pain but then at this age like it annoys you a bit when like teachers, if you need to go to the toilet, they’ll be like you need to come back for a 20 minute detention and if we say something then they still won’t allow you and when it comes to like female teachers, then they have a better understanding than the male ones but and then some teachers they are OK but then some just like the PE teacher who is quite harsh on it and she doesn’t let it, or let you, give you an excuse and even when you’re using it cause you’re in proper pain she won’t allow it and then it’s not as if any of us use it as an excuse just to get out of PE cause you don’t want to do it, it’s like even when she sees we're in pain she’ll still make you do it and if you don’t do it you’ll get a detention and then she takes it in a normal matter like everyone else and then she’ll be like I’ll put you on a report so it’s quite frustrating for some of the teachers, when they don’t understand and then like the toilets and stuff, they would allow boys to go but then not the girls so…

Interviewer: To go to the toilet?

Participant: Yeah, so it’s quite, it’s quite annoying at points when like boys toilets are open and girls are not and then girls are not allowed to go to the toilets but then sometimes boys are so it’s quite annoying and we can’t go when we need to and boys….

Interviewer: Why is it that they don’t let the girls go to the toilet? Did they say the reason?

Participant: Well the teachers at the moment, they want you to stay in class and focus on your work for next year but then they’re like you should go during lunch and break times but then for us if we need to go in class we will say to them we have to and then lots of them will be OK and will let you go but lots of them it’s like they don’t really care they just care about the lesson and they’ll be like you have to come back for a det and once I was on and needed to go and then, and then I knew I couldn’t hold it in so I went anyway and then my teacher wanted to give me a det so I…

Interviewer: She wanted to give you a detention for going to the toilet?

Participant: Yes, I did tell her I was on and say I was in pain but they wouldn’t allow it so I went anyway and I did go for the det but he wasn’t there so I got it anyway but when it comes to pain and stuff I’ll just go no matter what, how long the detention is and if they did call my parents to be honest, in a way I don’t care because I know I can’t deal with the pain so I’ll just get anything to get rid of it.

Interviewer: OK, so can you just tell me a little bit more about… so if boys go to the toilet… is it more often that they’ll be allowed?

Participant: Um it’s more often the girls, they say why, and then if like the girls just need to go they won’t allow it, so the same for the boys you can’t go and then you’ll have to go for a det but then if we say we’re like on um like lots of teachers allow it but some say you should have gone at break or lunch and won’t allow it so…. So it’s a bit annoying if like the boys toilets at lunch is open and the girls isn’t so we need to go into the disabled toilets and then it’s a bit more awkward if its, it annoys us sometimes if the boys can go easily when they have no problems and the girls have to deal with problems and they’re not allowed to go.

Interviewer: Yeah. How long are the toilets normally closed for?

Participant: Um…

Interviewer: Are they closed for cleaning?

Participant: Um they’re, they do close it lots of times in lessons, it’s all closed so you have to go find a teacher round the school while you need the toilet, run round the school finding the key, so they don’t ever open it and then if you see a cleaner you asked them can you open the toilet and they will allow but if it’s at lunch and break they don’t even let you in the building then they say to you you should have gone at break or lunch but it annoys us because we’ll be like, like the prefects or the year 11’s don’t allow us to come in the building because they think that we’re saying that we need the toilet but we’ll walk round the school so the teachers are like you should have gone but we couldn’t of because they didn’t let us in so normally we go before the bell goes and then when we're going the teachers are like you should’ve gone so we just go in anyway and then we go to our lessons.

Interviewer: Yeah. OK. Is there anything else you want to talk about today? Oh, can I just ask, are you periods regular?

Participant: Yeah every month

Interviewer: And how long do they roughly last for?

Participant: Probably 5 days

Interviewer: OK and is there anything else you want to talk about today?

Participant: No

Interviewer: Is it alright if I stop the recording? (participant nods) OK thank you very much