Participant 20

Duration: 12: 32

Dysmenorrheic girl (12 years old)

Interviewer: OK so could you start off just by telling me a bit about yourself?

Participant: Well…. Erm, err…

Interviewer: Like how old are you?

Participant: 12

Interviewer: OK what year are you in at school?

Participant: 8

Interviewer: How’s it going?

Participant: Good

Interviewer: Good, OK, err what type of hobbies and things like that do you have?

Participant: I like sort of doing art and stuff. I like going outside and playing in the garden.

Interviewer: Mhmm, what type of things do you play?

Participant: Well I’m learning to ride a unicycle.

Interviewer: Oh very nice, very cool- how’s it going?

Participant: Not very well

Interviewer: Is it hard?

Participant: (nods)

Interviewer: Ah, I’ve never tried. OK so what made you decide that you wanted to ride a unicycle?

Participant: Well I just wanted to try something new so I thought I’d try the unicycle and my friend started doing it as well.

Interviewer: OK that sounds good. OK so who’s at home?

Participant: My mum and my dad and my sister

Interviewer: OK how old is your sister?

Participant: 16

Interviewer: OK do you do any extracurricular activities at school or anything like that?

Participant: Not really, I do guides…

Interviewer: OK how’s that, do you like it?

Participant: Yeah

Interviewer: What type of things do you do at guides?

Participant: We make things and we make like short movies and stuff for competitions and we did trampolining the other day.

Interviewer: Ah cool, was that fun?

Participant: Yeah.

Interviewer: OK so is it OK if I ask you a little bit about your periods and stuff like that?

Participant: Yeah

Interviewer: OK so when did you start your periods?

Participant: Erm I think it was in October or September.

Interviewer: OK can you tell me a bit about it like how like, how it was when you started- did you tell your mum?

Participant: Well I was at a sleepover but I had things in my bag so I just used them and then when I got home I told my mum.

Interviewer: How was your mum? Was she quite understanding?

Participant: Yeah

Interviewer: OK can you tell me about, do you get cramps or discomfort or anything?

Participant: Um I get back pain usually at the bottom of my back. Um cramps at the bottom of my tummy and just usually take paracetamol or ibuprofen to stop it.

Interviewer: Does that normally work?

Participant: Yeah

Interviewer: OK and did the pain, did that start when you very first started your periods?

Participant: Erm on my first period it wasn’t even there but on my second one it started.

Interviewer: OK and do you get it every month or…

Participant: Every month yeah.

Interviewer: Can you tell me how long it normally lasts for, would it start bang on when you start bleeding or before or halfway through…

Participant: It starts at the very start and then for about 2 days and then it just stops.

Interviewer: OK and is it all the same sort of pain?

Participant: Yeah

Interviewer: Are there any other symptoms that you get?

Participant: Well once I was at school and I started feeling light headed but I think it was just because it was so painful.

Interviewer: OK and has that ever happened before or happened since?

Participant: Just once

Interviewer: OK, OK so is it always that painful?

Participant: It’s not usually that painful it was just that painful once for a couple of hours.

Interviewer: OK, OK, did you notice any times when it can be a bit better or worse?

Participant: Well, the day it starts it’s usually quite painful but then it sort of wears off.

Interviewer: OK, OK, erm have you got any unrelated medical conditions or anything like that?

Participant: No

Interviewer: No, OK so can you tell me have you ever been to the doctors or anything like that about your pain?

Participant: No

Interviewer: No, OK is there any reason for that or…

Participant: I’ve just not thought to do it cause it’s never really like too painful to do things and stuff. So I just try to ignore it.

Interviewer: Does that work?

Participant: Sort of yeah

Interviewer: What type of things help you to ignore it?

Participant: When I’m at school I just try and do my work without thinking about it and if it’s really painful I’ll sit down and relax and try not to think about it.

Interviewer: Do you find it easy not to think about it?

Participant: Most of the time, when it’s really really painful you can’t really do it but then I just take some pain killers and it gets better.

Interviewer: OK so you know you said you just try and get on with your work…. Is there any times when you think you can’t really or is it ever difficult to do that?

Participant: Well the time I felt lightheaded I told the teacher I wasn’t feeling well and went to the nurse and I just say down for the rest of the lesson in a comfy chair in the nurses office but then I felt fine again so I went back to my lessons.

Interviewer: OK did you talk to the nurse about why you think it was?

Participant: No because I didn’t really know at the time because it was like my second period or something.

Interviewer: OK so you wasn’t sure if that was why?

Participant: (nods)

Interviewer: Have you ever talked to teachers or anyone like that about it?

Participant: No

Interviewer: Is there any reason why you haven’t?

Participant: No I just haven’t really talked to them about it

Interviewer: Erm so who do you talk to about it?

Participant: My mum and I don’t really talk about the pain to my friends but we sort of talk about it to my friends

Interviewer: And are your friends quite good to talk to? Do they understand?

Participant: Yeah, yeah

Interviewer: And what about your mum?

Participant: She just cause she knows what I’m going through because she’s a girl so it’s just cause she know, before my periods started she told me it was probably gonna start soon cause that’s when she started it so I just took the things round with me and stuff.

Interviewer: OK, did you find that helped?

Participant: Yeah, yeah.

Interviewer: OK so do you do anything else, you said about taking pain killers, trying not to think about it and relax, what else do you do to try and get rid of it? Like hot water bottles or anything like that?

Participant: Yeah… I use that.

Interviewer: Is there any ways that you take your mind off it? How do you take your mind off of the pain?

Participant: Well, usually if I’m at home at the weekend or something I’d either like watch like a movie or something on youtube or something or I’d do homework, like relaxing homework like art homework or something.

Interviewer: OK and what do you think, sort of about the future, do you think you’ll always have pain or you think it’ll get better or…

Participant: Well I don’t really think my mum has that much pain anymore so I think it will get better

Interviewer: OK so do you know what the cause of period pain is?

Participant: No

Interviewer: OK, do you think it would help if you did?

Participant: I’m not sure

Interviewer: OK so how does it impact on your life, so what type of things? Have you ever taken time off school for it?

Participant: No

Interviewer: Have you ever wanted to take time off school for it?

Participant: Well when I went to the nurse I wanted to go home but then I sat for a while and she asked me if I wanted to go and I wanted to stay and I just stayed at school

Interviewer: OK so you felt that you could, OK. And how about, do you feel like it’s affected your school performance or how well you feel you can do something at school?

Participant: (shakes head)

Interviewer: OK and why do you think that is?

Participant: I don’t really know, I just do everything that I’d normally do

Interviewer: OK, OK erm so how about like hobbies or sports or anything? Does it impact on whether you feel like going and doing exercise or…

Participant: Well sometimes I just because of my pain I can’t be bothered to do PE but other than that not really.

Interviewer: OK, do um, do you still do PE?

Participant: Yeah

Interviewer: Do you ever talk to the teachers about it?

Participant: No

Interviewer: How come?

Participant: I just, it’s, I just forget about it when I’m doing PE cause I’m like running around and stuff and I quite enjoy it so…

Interviewer: OK um, and how about like sleepovers and stuff like that, like would you still go and stay at someone’s house or have people over?

Participant: Yeah

Interviewer: Yeah, do you worry about it at all?

Participant: Well If I’m worried that I won’t have anywhere to like, I might worry that like, if they would want to go somewhere like swimming or somewhere I’d just tell them that I couldn’t or something.

Interviewer: OK, and how about like err family life, does it ever affect what you do at home?

Participant: Not really

Interviewer: Or as a family like…

Participant: No

Interviewer: No, do you talk to your sister about it?

Participant: No

Interviewer: No, how comes?

Participant: She just doesn’t really talk to me in general

Interviewer: Do you err, do you want to talk to her about it at all?

Participant: No cause I’ve got my mum to talk to it about and my friends.

Interviewer: OK and does it impact at all about how you feel about yourself? So say you’re on your period and you’ve got a bit of pain, not feeling too good, how does it make you feel in yourself?

Participant: Well it just makes me feel a bit rubbish because like other people might not get pain and stuff and it just annoys me that other people might not be getting pain and I am.

Interviewer: Yeah, does it, when you’re feeling like that erm how do you make yourself feel better?

Participant: I just sort of relax myself and think that everyone else is, all the people in my year and stuff are probably going through it and things like that.

Interviewer: Erm, how about future plans and stuff like that, you know if you’ve got things planned or a family holiday or something like that, does it ever impact, does your period pain sort of ever impact on planning holidays or anything like that?

Participant: No

Interviewer: And how about when you go on holiday, does it impact on what you do?

Participant: Not really no, well I can’t obviously swim and that’s quite annoying but other than that no.

Interviewer: OK. Erm is there anything else that we haven’t talked about like any other ways that it impacts on your life or how you feel really?

Participant: I don’t think so

Interviewer: OK, OK, is it alright if I stop the recording?

Participant: Yeah

Interviewer: OK, thank you very much.