Participant 29

Dysmenorrheic girl (14 years old)

Duration: 12.46 minutes

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

Participant: Erm, I’m 15, I live at home with my mum, my dad, my little brother erm, I like going out

Interviewer: Mhmm

Participant: I go to college

Interviewer: Yeah, what do you do in College?

Participant: Hair and beauty and customer service

Interviewer: OK, how’s it going?

Participant: It’s alright

Interviewer: Yeah?

Participant: Yeah

Interview: That’s good, do you like it?

Participant: It’s

Interviewer: Yeah, OK. What type of beauty stuff do you do?

Participant: Er like Nails and eye lashes and hair, and everything really

Interviewer: Oh that’s very good, erm so who’s erm, so what about like other hobbies and stuff?

Participant: Erm I go to car shows and car meets, just hang around and go and see my friends, and go out

Interviewer: That sounds good . Erm so is it OK if you tell me a little bit about periods and things like that?

Participant: Yeah

Interviewer: Could you start off by tell me about when you started?

Participant: When I was 11.

Interviewer: OK and how did it go?

Participant: Well, I come home and I went to go for a wee and I realised that my knickers were a different colour and I cried cause I though like that I’d cut my nunnie and then I called my mum to come and help me (laughs)

Interviewer: (laughs) and erm what did your mum, what did your mum say?

Participant: Mum was like it’s only natural, you’re on your period and I was like oh.

Interviewer: OK um so, do you ever get period pain and things like that?

Participant: Er yeah I do. A lot.

Interviewer: OK did you start getting that when you started your periods or did it take a bit of to…

Participant: Errrr I started getting it when I was about 13

Interviewer: OK, can you describe it for me? Where it is…

Participant: It’s usually in like my back and the lower of my belly and like sometimes in the top of my legs

Interviewer: OK and do you get any other symtoms?

Participant: Erm not really, nothing really happens… I go to the toilet a lot more (laughs)

Interviewer: OK , what like weeing or…

Participant: Pooing (laughs)

Interviewer: OK, yeah. Erm you said you get belly pain… could you describe that pain in your belly and your thighs?

Participant: Erm….it’s just like, it’s just like having a really, really bad belly ache and like everything aches…. It’s really hard to describe

Interviewer: It’s OK, it’s fine… I know it’s difficult to describe that type of thing. Erm so can you tell me, do you get pain with every period or is it….

Participant: Hmmm, not every period but most of them.

Interviewer: and is the pain always the same or is it different?

Participant: Always the same type of pain

Interviewer: OK and can you tell me a bit about the kind of time line of it so, does it start like when you come on or a bit before, a bit after…

Participant: Erm it starts just before.

Interviewer: OK and how long does it last for?

Participant: The whole period usually

Interviewer: OK, OK and erm can you tell me a bit about the type of things that you do to get rid of the pain?

Participant: Erm I don’t really do anything I just try and carry on

Interviewer: OK, do you take any like paracetamol or…

Participant: don’t take anything with it, just nothing really

Interviewer: How comes?

Participant: I just don’t see the point in it, everyone gets it (laughs)

Interviewer: OK, OK and erm how about something like erm I dunno like hot water bottles or…

Participant: No I never use em

Interviewer: OK so when you do, you do have pain, how… do you do anything to like take your mind off of it or…

Participant: I just do what I usually do, I just don’t really, I just try and not think about it.

Interviewer: Have you ever been to the doctors about pain or anything like that?

Participant: No

Interviewer: OK is there any reason why you haven’t or..

Participant: I just think it’s normal, everyone gets it, there’s no point doing anything to help it.

Interviewer: Do you talk to anyone in your family or your mum about it or anything?

Participant: Not really, I just get on with it

Interviewer: OK, do you feel like you could if you wanted to?

Participant: Yeah, if I wanted to I could but I just don’t really talk about it

Interviewer: Who would you go to, like your friends or mum or…

Participant: Erm my mum probably

Interviewer: And what about your dad…

Participant: Oh god no, I’d never go to my dad

Interviewer: How comes?

Participant: That’s too awkward

Interviewer: Why’s that?

Participant: He don’t get periods, he don’t know (laughs)

Interviewer: That’s fair enough, erm and how about, do you talk to your friends about it at all?

Participant: Not really no

Interviewer: No? Have you ever talked to your friends about it?

Participant: Never

Interviewer: Do they tell you about theirs?

Participant: No, it’s just not something that’s ever brought up

Interviewer: OK so can you tell me like, when you do have pain and everything, do you still, does it impact on whether you’ll want to go to school or anything like that?

Participant: No I just do what I usually do, I just get on with it.

Interviewer: OK, do you find it affects your concentration or anything like that?

Participant: Um, I just don’t really think about it

Interviewer: OK so you just get on with it no matter what… OK and why do you think that is? Do you know why?

Participant: Cause there’s no point sitting there going ‘oh my belly hurts’, every girls gets it.

Interviewer: OK, and erm did anyone tell you before you started your periods that you might get a tummy ache or anything like that?

Participant: Yeah my mum did, cause mum used to moan about it

Interviewer: OK, what about hers?

Participant: Yeah

Interviewer: OK, so what type of things did she, did she say?

Participant: She just said you just get pains everywhere and if you start getting them, that’s when you’ll know you’re probably gonna start and stuff like that but I just didn’t have any signs.

Interviewer: OK erm so did you erm, about hobbies and things, does it ever impact on whether you felt like going out or….

Participant: No never, everything’s just carried on

Interviewer: It’s exactly the same?

Participant: Exactly the same

Interviewer: OK and how about like hormonal stuff… do you find like it affects your moods and things like that?

Participant: Not that I think it does, everything just stays the same, nothing really changes with me

Interviewer: OK so not in how you feel about yourself or anything like that?

Participant: I just try and carry on the same

Interviewer: OK, erm so OK so is there, how about things like, so when you’re on your period does it ever impact on like your relationships at home you know, whether you would… say like if your family wanted to go out and do something or…. Would it ever impact on whether you’d wanna do that.

Participant: No not really, I just stay as I am, there’s no point changing what I do because I have a belly ache, it’s not like I’m ill I just have what every girls gets.

Interviewer: OK so do you talk to your mum about it at all?

Participant: Never

Interviewer: Never OK

Participant: I tell her when I’m on so she knows to get me pads and stuff but that’s it

Interviewer: OK so you never tell her you’ve got a tummy ache or anything like that?

Participant: No, there’s no point

Interviewer: OK so if you’re, if you’re at school and you’ve got a belly ache and your period, does it ever impact on how your day would go so…

Participant: No, never just stays the same.

Interviewer: OK is there anything else you’d like to talk about today?

Participant: No not really

Interviewer: OK

Interviewer: so you do get pain but generally, you just get on with it

Participant: yeah

Interviewer: OK thank you very much, can I turn this off now?