Participant 30

Dysmenorrheic girl (13 years old)

Duration: 39.39 minutes

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

Participant: Um, I’m 13 years old, I go to school (laughs) erm…

Interviewer: What year are you in?

Participant: Year 9, err I’ve got a healthy relationship at home, everyone’s really happy erm, I dunno….

Interviewer: So who’s at home?

Participant: I live with my mum and my sister and myself (laughs)

Interviewer: OK and how old is your sister?

Participant: My sister’s 16 erm I’m not too sure how old my mum is, like 48?

Interviewer: OK, that’s OK. And how’s school going at the moment?

Participant: Yeah there’s more pressure because we’re going into year 10, we have to like do more work definitely but I’m in erm quite a few lessons with (name of best friend) and a couple more of my friends so that good

Interviewer: Right, so you can support eachother..

Participant: Yeah definitely

Interviewer: Good and what type of, do you have any hobbies or do any after school things?

Participant: (shakes head) (laughs)

Interviewer: That’s OK (laughs) that’s alright, and what type of things do you like to do in your spare time?

Participant: I go out a lot with like friends and stuff erm… trying to think….

Interviewer: That’s OK… and how about TV and films…

Participant: Oh yeah definitely, Netflix (laughs), just average stuff really

Interviewer: OK, that sounds good. OK so can you talk to me a bit about period pain, so can you start off by telling me about when your periods started and go from there?

Participant: They started when I was 12, erm and it wasn’t so painful at the beginning it was more like after like a couple of months of having it, it would get worse erm when you get more of an understanding of, of it then it’s definitely worse as well. In school it’s always a pain, especially if you forget certain things

Interviewer: What type of things? Can you tell me a bit more about that, what type of things might you forget?

Participant: Sanitary towels a lot

Interviewer: What do you do if you forget them?

Participant: Oh my god, it’s, it’s so awkward, you either, I either have to ask the office or obviously there’s my friends (name of friend) who’ll give me like stuff (laughs).

Interviewer: Is it OK asking your friends?

Participant: Oh yeah, I don’t feel awkward at all, we talk about it quite regularly to be honest.

Interviewer: OK so you’re open…

Participant: Yeah sure

Interviewer: OK and who did you talk to when you first started your periods?

Participant: I was at a friends house so… I was at my friends house and I panicked a lot, I cried (laughs) but erm yeah and she just basically told me… I dunno why but I felt more awkward telling my mum even though it’s natural, I felt really awkward telling my mum so just, we just sat down and we talked about it, stuff like how regularly it would come and stuff, most stuff, obviously I knew just like to reassure myself.

Interviewer: Yeah, and how about- you said that it was painful and stuff, when did it start becoming painful, when did you start to notice that?

Participant: It was more when I would have to go to school, definitely when you’re under a bit more pressure, doing work and stuff and then, then you get the stomach pains and then it gets worse and if, if, sometimes you just get in a bad mood in school anyway with hormones and stuff so it doesn’t help when you’ve got period pains either.

Interviewer: Absolutely. So can you try and describe like the feeling of it if you can? If you can’t it’s fine, I know it’s difficult to….

Participant: Um, um sometimes it feels like someone’s touching your belly a bit more and you just feel a bit, it makes you feel a bit drousy, just makes you feel a bit but other than that I don’t really know how to explain it- it’s more, it’s more…

Interviewer: That’s OK, it’s absolutely fine. Do you get any other symptoms as well like breast pain and swelling or backache or anything like that?

Participant: Um my back ached last time, the bottom of my back and that affected like school and stuff cause I’d be sitting down at school for long periods of time and it would hurt so, but that was just one time, I never had that again.

Interviewer: OK. That’s good. And how about, about hormonal type of things…

Participant: Yeah definitely erm oh I get angry, maybe, sometimes maybe it’s just cause I am angry but it doesn’t help when, you know there’s more of an excuse for it. Sometimes I get really hungry, hungry a lot and I start eating a lot (laughs) erm sometimes err, sometimes it’s sadness, I’ll just feel sad out of no where. Erm which is really annoying cause I’ll just be sitting in school and I’ll just feel really upset and I’ll just be like oh that’s rubbish.

Interviewer: Yeah, what do you do when you feel like that?

Participant: Usually I have like friends there that help me out, I take a paracetamol if it’s painful, if I’m at home I don’t really do anything towards it, I kind of just sit down and take it a bit more easy

Interviewer: Yeah, that sounds good. Erm, so can you tell me about, you mentioned that sometimes at school when you’ve got a bit work load and things like that, you notice the pain more then

Participant: Yeah

Interviewer: Yeah erm are there any other times when you notice it more or less?

Participant: Ummm less when I’m having fun, when I’m busy doing something, just like really enjoying myself I feel less, I feel less of it, it’s more when if it’s quiet, let’s say if you are doing your work in school and you’re, you’re panicking over something else, it doesn’t help if you’re hot and sweaty in a room and then you start getting period pains, it’s more painful and you’re concentrating on the pain more that way.

Interviewer: Yeah, OK, that makes sense. OK do you have any un-related medical conditions or anything like that?

Participant: No

Interviewer: Erm so can you tell me, you said about paracetamol you take that, does that make it better? Is it effective?

Participant: I don’t really realise whether it makes me feel better or not, I take it, I’ll bring it into school and I’ll take one or I’ll take another one throughout the day but em sometimes it does and sometimes it doesn’t, sometimes it’s just the same pain throughout the day- whether that’s related to something else or not, but sometimes it just heps knowing that you’re doing something about it like there’s nothing that you can do after that so sometimes I guess it helps

Interviewer: OK and how about other things to relieve the pain is there anything you do to relieve it…. Like hot drinks or…

Participant: Yeah deifinitely hot water bottles and tea, a lot of tea erm usually because we’re house full of girls where usually on at the same time more or less so it’s quite uneasy so you have to kind of like try to relax yourself, like find your own way to relax rather than just be busy and running around everywhere it’s not pelasant

Interviewer: Yeah, OK and how about stuff, you said that when you go out and you’re having fun and you’re busy in that way, it makes it better- do you try and do that that relieve the pain?

Participant: I think sometimes I find it really painful then I don’t do it and sometimes it depends on how painful it is as well cause you don’t, it makes you feel uncomfortable, you don’t want anything to you know get in your way but definitely if I know that I’m gonna have a good time and I have to take paracetamol and I go out and usually mum would help, she’ll drop me off at least to the place I’m going so it’s not as much of a problem. But erm definitely self-conscious more when I’m walking around- in school as well cause you have to change in lessons and stuff

Interviewer: Yeah, and how erm, can you tell me a bit more about the self-conscious thing?

Participant: Oh, I’m definitely scared of blood, the blood really scares me. I’m more scared if someone walks past and they’re walking behind me and they’d see something that really scares me. I don’t like that (laughs)

Interviewer: Yeah, that’s understandable. Have you ever been to the doctors about period pain or anything like that?

Participant: Yeah I have been to the doctors um it was more when I first started getting really bad pains and they do just advise you to just go home and just relax a bit more and take some certain painkillers for it yeah but we did say if it gets really worse with the back pain as well that we’d go back cause my sister got put on the pill for her periods so um maybe that would happen in the future I don’t know.

Interviewer: So can you tell me about the experience at the doctors? So what they said and..

Participant: They um, ah it was definitely awkward, I’ve got a male doctor, I definitely find that all good- especially I dunno I always find it more awkward talking to a man about something like this (laughs) than a woman, obviously every woman goes through it so it’s alright erm, I didn't really say much really, my mum talked them through like, instead of me saying stuff it was y mum saying stuff for me erm he was just like, if, he advised me to take paracetamol and if it got worse to take stronger stuff erm yeah it was just quite relaxed, it was just generally really awkward, we talked about my sister and if that would have to happen to me too but that was alright, I just had to relax when we got home really.

Interviewer: And what did he say about when you mentioned about that you’re sister’s on the contraceptive pill and that’s maybe the road you’d have to go down…

Participant: It was more a question that he asked me if I thought I needed to be on it or not but generally I generally didn’t, it was more of a one-time thing, generally it’s worse and it’s just something you go through.

Interviewer: And how, when he suggested it- how did you, how did you feel about if you would have to…

Participant: It’s definitely I mean, you have to take it, isn’t it as soon as your period you have to start taking it again, you have to just, there’s a lot of planning - my sister definitely she has to take it every night erm

Interviewer: So like to remember.. and keep it up

Participant: Yeah, I think definitely for me, I sleep round my friends a lot, I think would be very awkward just having to bring it- sometimes it affects your skin erm definitely cause of my age, I didn’t really think it’d be, definitely if I went into school and people knowing like if you say oh I’m on the pill, it doesn’t sound very, it doesn’t sound very nice (laughs).

Interviewer: Can you just like tell me why, why it doesn’t sound very nice?

Participant: People generally relate it to pregnancy and sex erm definitely people in my year, some of the guys are more immature, whereas the girls understand obviously, they definitely will link it to sluttyness like if that’s a word… but that happens a lot erm it’s just generally something like if I were to bring it to school for any reason then I’d definitely feel more protective about someone going down my bag and just something like that.

Interviewer: OK so quite negative feelings about it at the time being. Do you see yourself ever being at a stage where you would go on it or an age where you would feel OK?

Participant: Um definitely if I’m more year 10 or year 11, I definitely think it’ll be more beneficial seeing as you, you just have to really concentrate, you wouldn’t need the extra pressure, especially if you’re doing your GCSE’s and stuff, I think that’s when it’d be a possibility but for the moment it’s alright.

Interviewer: OK, OK, erm so can you tell me like do you know the cause of period pain and why it happens, has someone ever gone over that with you?

Participant: You definitely get the sex ed class- you’re eggs being released and stuff like that, it’s all a bit, it’s all just a bit… but erm but the causes and stuff…. Once a month the egg gets released… other than that I can’t really….

Interviewer: Has anyone ever explained to you like the cause of pain so like not the cause of a period but why some women get pain and others don’t- has anyone ever sort of…

Participant: No I’ve never really been talked through something like that before, it’s definitely a subject that… I guess you could say I find it a bit awkward- especially with parents, like with my mum I’d find that awkward- with a sex ed teacher I’d find it awkward- we had a male one when we got taught stuff like that so it’s all just a bit and erm you get taught it at quite a young age as well, year 6 we got one and then in year 7 so you take it more as a joke especially if you’re not on it yet but no I’m not too sure why you get pains and other than that…

Interviewer: OK and do you think, do you feel that maybe like it would’ve been helpful, would you like you know that explanation of why it sometimes it hurts and why sometimes it doesn’t.

Participant: Yeah I would cause then you’d know more what to do about it like where erm know more what to take and stuff like if there’s any other pills you could be taking errm it’s just more of an understanding about what’s happening in your own body as well erm so I guess that would be nice (laughs)

Interviewer: Yeah, that’s understandable. Erm, and dhow about future expectations like do you expect to erm for example always have period pain-do you expect it to get better or to get worse? How do you see it?

Participant: I think the more you get on with it, the better. I definitely think when you’re a bit older and you’ve got into the- not more of the habbit of it but more of, more of an understanding of like what you can do about it and stuff like that, stuff that you, have to get on with if you’ve got a job and stuff probably.

Interviewer: Um, so can you talk to me a bit about how period pain affects your life so we talked a little bit about school so…

Participant: Yeah school erm, I definitely think it’s awkward when, well we’ve got a man teacher as our form tutor and then we’ve also got other man teachers throughout the day, through certain lessons and stuff and you don’t really want to be going up to them and being like can I go to the toilet cause obviously they only think you want to go to the toilet and in our school you’re not allowed to go throughout lessons, whereas if it’s at lunch time, there’s like tonnes and tonnes of girls in the bathroom- it’s so awkward, you don’t really want to change, you have to take out your sanitary towel before you go in, put it in the bin next to you and you know it’s uncomfortable and it’s uncomfortable throughout the day as well when you get the feeling and you know you want to change as well, PE is definitely an issue. We’ve got a certain teacher who doesn’t necessarily, she doesn’t like the idea of people getting off PE cause there’s a lot of people who do get notes for no reason and it’s fine but then there’s others and it’s really inconvenient for them to, such an awkward time and yeah that’s really inconvenient and erm.

Interviewer: OK, do you mean that some people they get notes for their periods?

Participant: They get notes for their periods but they don’t have, need it. When you know they’re, I won’t say cause obviously you don’t really know how they’re feeling but they’ll be like jumping around screaming in the corridors but they’ll be fine whereas when we tend to be on it, we tend, well we’re not down obviously we do have a good time in school but it’s always just a bit more like, in the mornings especially it’s always like you know what a nuisance especially when you forget to do certain things- if you’re running for the bus, which is usually the case for me cause I’m always late (laughs) I’m always late to leave the house.

Interviewer: OK so is that why you forget things like sanitary towels?

Participant: Yeah, yeah yeah for sure. So I usually just have to keep them in my bag, just in case yeah.

Interviewer: Yeah, that’s a good idea. Um you mentioned as well that when you had back pain last time, that that impacted on your school as well?

Participant: Sitting down a lot, I mean it was there when my period started and then I mean after that it just kind of gradually went away but erm sitting down for long periods of time when you have to do tests and stuff. It’s just a whole lesson of just quiet and not talking to anyone so you have to just sit there and, especially if you don’t understand something, it plays on your mind and it’s just a bit uncomfortable and it’s painful so you end up thinking about yourself rather than the things you should be doing a and the lesson yeah.

Interviewer: And do you find, have you felt that that’s impacted on like how well you do in that lesson or….

Participant: Yes I, sometimes it’s all just a bit, just a bit of a blow over so I’ll just be, just sitting there and having my head down- just get on with it and, well obviously other times I do concentrate really well and just get on with the lesson and it’s not a problem but erm, definitely sometimes, especially if it’s, you know you have to do this or it depends on your grade for next year which is something that we’re doing at the moment and it’s just a bit panicky. So… a lot of pressure

Interviewer: Yeah a lot of pressure. Absolutely. Erm, has it ever impacted on whether you would have days off school for it or anything like that?

Participant: Definitely when I first started. Erm, I started like on a Sunday, it was something like that so I didn’t get the Monday off for the fact that I started it, more for the fact that it was the first time in school with it and so, I kind of just sat back and kind of got a day to get used to it before, before I had to go into school and change in school and stuff cause I didn’t really know how to use one when I first got it.

Interviewer: And how was your mum about that, was she OK?

Participant: Yeah she was fine, she erm, I don’t like using tampons (laughs) and that was the worst experience ever. I mean now it’s less of a problem but, oh it was, it was so horrible. It was like we were on holiday and it was like the second time we had it or something and I mean we were there for 2 weeks but obviously they were all going into the sea and the whole day was round going into the pool… so she kind of just stoof outside the bathroom and gave me tips on how I could do it (laughs) and it was the worse experience. So I just sat indoors

Interviewer: OK so you didn’t…

Participant: Nah, no I did’n’t do it erm

Interviewer: And how did you feel when you were sat indoors while everyone else was…

Participant: Oh my mum just did things that would make me more happy so erm she kind of just took me more for like lunch while my sister stayed in the pool with my mums boyfriend and stuff so she got me lunch and she talked to me and stuff but erm it wasn’t really a problem cause I was only on it for a couple of days and it was quite a long holiday so I didn’t feel like I lost out and it was just a nuisance, it was really hot as well. And the weather, all the walking around and it was just really inconvenient.

Interviewer: Yeah, absolutely and did you have period pain as well?

Participant: Yeah, yeah yeah it was, it was. (background noise)

Interviewer: Carry on…

Participant: Erm it was less of a problem, it was just more relaxed when we were in the hotel and stuff, it was more for the fact that um it was hot and there was a lot of walking like we were all like walking around and a lot and all day really just walking around in shorts as well… in shorts um it was hard to find places to change cause um, we’d be like eating out and I’d have to go to like a certain bar where it’s always really awkward, you don't always know where to put it, some places don’t have sanitary towel bins that you can put it in.

Interviewer: Where did you go on holiday?

Participant: I went to (location)

Interviewer: Oh very nice

Participant: Thank you

Interviewer: I’ve always wanted to go there. Um, OK and so, we talked about family holidays and stuff, what about other family activities so like Christmas’s, birthdays, has it ever impacted on whether you would join in and stuff like that.

Participant: No, I always tend to join in and stuff, it’s more in school where I’m bothered about things but em but family occasions no, erm especially with erm my dad’s side of the family erm, we don’t see them a lot so when we do see them I’ve got like loads of cousins my age and it’s just always really fun erm Christmas I had my period, So that was just sad but um well you’re at home usually for the day, eating with family so it’s never really affected me in that kind of way. Usually we’re quite, if, if I know I’m gonna be on it, especially an occasion, I’m kind of more prepared for it so I know if we’re gonna do something I’d bring sanitary towels, paracetamol, just stuff like that to make it easier.

Interviewer: So it’s about preparation…

Participant: Yeah

Interviewer: OK erm, and how about sleepovers and stuff, would you still go? You said you stay over friends quite a lot?

Participant: Yeah, erm definitely now we’ve reached the age where almost all the girls in our year are on their period I mean when I’ve got friends like (name) it’s always, I mean she’s the same as I am so she’s, we even have like conversations about it erm, all my friends are basically on it, we’re quite open about it erm, no it doesn’t really affect it. Usually they’re on the same time as me, as long as they’ve got stuff I would have at home so no, I usually tend to just go out and get on with it.

Interviewer: OK and how about, have you got any male friends? You talked about male teachers and stuff… is it still awkward with male friends?

Participant: We don’t have any male friends in our friendship group but I am friends with a couple of the boys in our class… if they wanna look down your bag in class, which sometimes they do without asking you, you know just pipck up your bag and be like oh what’s this, but no I’m quite open about it, sanitary towels I’m fine with, literally I think they’re quite funny (laughs) but erm but it’s more for like other stuff erm I wouldn’t like them to go down it and see stuff like the pill, that would make me feel uncomfortable. Erm tampons more, I wouldn’t like them to just pull a tampon out in the middle of class but I think guys are quite aware of sanitary towels, I think with their mums more than the other stuff that people use so yeah that’s about it.

Interviewer: Yeah, OK and how about going out with friends, you said that you do that quite a lot like go and do stuff with your friends. Has it ever impacted on whether you would want to go out or whether you’d enjoy yourself when you were out?

Participant: Well it wouldn’t be like with pain, cause obviously the pain is there, it would be more like the way I’m feeling so obviously people get quite sad if they’re on their period,d they get hungry, more for the fact that I would look in the mirror and really not want to go out, knock down my self-confidence but then usually I’d be forced to go out, my friends would come over and be like come on you’re coming out which is nice. Erm but

Interviewer: Would you still have a good time if they did that?

Participant: Um, it’s happened before,, I didn’t want to go out so my friend took me out and it was just, I was just being really quiet and I just, you know you don’t like people walking behind you, you don’t want loads of people screaming in your ear, not because of anything like… but it’s just not nice. Erm but usually by the end of the day you’re having a good time so yeah it’s fine, just get on with it.

Interviewer: That's good, can you just tell me- how long does your discomfort, tummy ache last for, is it the whole of the period or is it just..

Participant: No it’s not the whole of the period, it’s sometimes just be, it can be just like for a day with pains or they’re there but you kind of just, you just don’t acknowledge it as much so erm, I’m not on it for long but it’s just heavier than I would like it to be so that makes it just really horrible.

Interviewer: Yeah OK and would you say, what would you say was the biggest impact, do you think it would be the pain or the heaviness?

Participant: The heaviness for sure, definitely and in school it’s horrible, usually, well my mum likes to take us like swimming and stuff so I can’t go that erm I’d go home and have to change and change again and change in the morning and sometimes if you forget to change it’s horrible, you feel really unclean and it’s just not nice.

Interviewer: OK and erm, can you tell me a bit you said that you and your sister and your mum have all been really like on at the same time, can you tell me a bit more about that and how it impacts on your family life at that time?

Participant: Well, sometimes it’s really really, sometimes it’s funny cause it’s like oh I’m on, oh you’re gonna be on the next day then and my sister sometimes skips her periods cause of the pill erm obviously sometimes she goes back erm but sometimes it can like affect my mum the way she acts, not necessarily in a horrible way but she’ll just want to go to bed cause she just wouldn’t like it. I mean she’s at the age where she just doesn’t want to be doing that stuff anymore. And I definitely get the most angry. Maybe not because of it but it just makes me angry , so I definitely get more and obviously if they’re on it then they’re not in the mood so it’s just kind of this whole house of just this horrible like you know atmosphere. Yeah sucks.

Interviewer: Yeah, hormones… and how does, when you’ve got a tummy ache and you’re in pain, how does that impact on, cause you said you feel quite angry during that time, how does that impact on how you feel? (pause) Like does it make it worse or…

Participant: It definitely makes it worse, I definitely don’t like, like if I know my mum’s upset or she’s tired and I’ve shouted at her, I definitely feel really guilty afterwards, which makes me feel bad and we apologise after to each other and it’s all just going round in circles cause the next day it’d be the same, get angry and then she’d be tired and it just makes you feel really like sick of it, just a bit sick of it but… you know. Sometimes it’s alright (laughs)

Interviewer: And erm, going back, you mentioned about PE. Do you ever take time off of PE or not do PE?

Participant: Erm I think it really depends, it also depends on pain and how rubbish I’m feeling but usually, usually I don’t even like have a written consent so even if I, like say I started in school erm, which has happened before, I started um just at the beginning of the day and then I had PE last lesson, I mean I had a sanitary towel but it was just unclean cause it was just obviously erm and I obviously I never had a written off my mum to say look I need to have time off PE so she said to me it’s either a whole hours det the next day, wheres in my case I’d have to be put on PE report cause there’s times in the passed I haven’t done PE, 3 times if you don’t bring in your PE kit you get put on PE report and that’s 2 hours det. Which sucks. Erm, but she, it was an hours det the next day or I do PE so I ended up doing PE because I had my kit on me and I did have, but it’s always just awkward, you’re sitting in a changing rooms with loads of other girls, you don’t really want to be like getting unchanged if you’re on or something, I mean obviously they could be on it too but it’s just really embarrassing for yourself. So you have to sit in this little cubicle and change and then you have to run around and oh… it doesn’t put you in the best mood

Interviewer: Yeah, I bet not. How do you find, when you do go with your consent, erm the PE teachers how are they with you, how do they react?

Participant: Aggressive. They’re definitely, obviously I’ve said there’s girls that, I mean they’ll be jumping around, they’ll be fine, they just give us this, so they would have to do it but sometimes when it’s a group of people I mean our teacher should be angry at all of us whereas some of us are generally not up for it. She, err, it’s really aggressive ‘oh I bet you’re not in pain, I bet you’re just lying’ and she would say stuff and hint stuff and it’s just really, it doesn’t make you feel very well.

Interviewer: How does that make you feel?

Participant: Oh, it… angry again, it’s like well excuse me can you give it, give it a bit of a rest cause you’re the one that has to walk around school with it but erm also just like when they make you do it cause obviously you do have you’re PE kit, just it make you feel horrible and obviously you’re friends are there to comfort you but when people hug you, you get even more sad and it’s just, really sad for PE cause PE is just horribles.

Interviewer: Yeah, it sounds tough. Do you do anything extra like sporty or…

Participant: Well my mum takes me to like, I wouldn’t say it’s a gym but it’s like, she likes to play tennis and stuff so she’ll drag me into that, I don’t like doing stuff like that, it’s rubbish just running around erm, swimming, I’m not going to do swimming no way. I’d feel like that’s the worst thing I could ever do. Erm…

Interviewer: Why do you feel like that?

Participant: Gosh, imagine like swimming around in the swimming pool and then you leak everywhere, oh it’d be horrible oh god I’d cry! I wouldn’t do that so yeah it’s just not nice.

Interviewer: OK and so do you, have you ever not gone to tennis or gone with your mum to the…

Participant: no yeah a lot. Generally every time I’m on it I just stop and she understands.

Interviewer: OK so she’s not mad or anything, that’s good. And erm you said at the start you said when you started your period you took a bit of time off school, erm was that with every period or was tha…

Participant: Yeah just, that was the first time I was ever on it, it was just the day after that I got the day off just to get used to it and see how many times I would have to change if I did go to school.

Interviewer: OK so there wasn’t any other times…

Participant: No

Interviewer: And, sorry, when you go to the office for sanitary towels, how are they giving them to you?

Participant: Yeah they’re quite understanding they usually give it to you, it’s just really awkward cause it’s like, there’s loads of people in the corridor running around you know and they’re just passing you this sanitary towel and it’s just a bit like you know just walk off but yeah they’re usually alright over that um unless you keep. I mean I’ve never done it ubt I know they don’t like it if you keep going up and asking for more and more which generally you do have to change, I mean 6 hours you should change at least more than once but you know, you only get the one.

Interviewer: Um, so can you tell me, you mentioned about your self-confidence. So when you’re having pain and not feeling great, does it affect how you feel about yourself?

Participant: Yeah, I definitely think I’m more ugly which sounds really weird, a bit attention seeking which is probably what your friends would say if you come into school like oh I look so ugly today but um no it just generally doesn’t make me feel good. It makes me feel like, like I’ll get ready and I’ll like try and it just wouldn’t be worth it but erm yeah that’s all I can really think of.

Interviewer: That’s OK. So in terms of social support, you’ve talked about friends, you talk about it with them so if you was in pain would you go to them for comfort…

Participant: Yeah, for sure, definitely especially if you’re on like the urge of crying, it’s always nice for the friends to put their arms around you, especially (name), she always gives me paracetamol always, she’s always definitely the person you’d want to be with and a lot of our friends are like that, there’s a group of 5 of us I mean we’re all basically on it, we’re quite open about it. We’d all sit down and be like chat about it which is alright cause it’s better off sitting there just you know, it’s better talking about it that sitting there and not doing anything about it.

Interviewer: Yeah so you find it helps

Participant: Yeah

Interviewer: OK that’s good, and erm and so how about your mum, you said at first you were a bit embarrassed….

Participant: Oh yeah I was really, I didn’t know how to say it to her, I was at a friends house and I had to ring her up so she’d be able to buy sanitary towels for me and I kind of just, I was asking my friend what to say and she was like ‘hello (name)’ and I was like what shall I say what shall I say, and I just kind of just went um ‘mum, can you buy me some sanitary towels please’, I hated it, it was so awkward.

Interviewer: What did she say?

Participant: She was like oh yeah OK, just kind of like got on with it, she already had to deal with my sister and herself so she was alright with it yeah

Interviewer: That’s good. And erm, does it ever impact on, so you said you’ve got to prepare for events and stuff so when you are planning something… how much do you think about whether you’ll be in pain and how to….

Particiapnt: Er, I definitely think less about pain because I kind of, not know when it’s gonna be painful but like if I’ve had pains before and like I’d know it’d be worse then but if it’s not usually I kind of just tell my mum and say oh I’m on my period what do I do and she’ll just be like she'll just pack some paracetamol and some stuff and I mean my cousins are girls anyway so you know it’s alright I just sit and can talk about it.

Interviewer: OK, and… that might be it…. Sorry. Just one last question… is there anything else that we haven’t gone over, that we haven’t talked about that it impacts on in your life or anything like that?

Participant: No I can’t think of any

Interviewer: That’s OK

Particiapant: Probably sleeping, probably, go to bed, having to change your sheets every night, that sucks especially because your mum has to do it, you’re in school erm that just really sucks and you know it’s uncomfortable, you get lack of sleep, just rolling around in the night but other than that…

Interviewer: How does that affect your school day after? So if you’ve been up in the night…

Participant: Yeah definitely more tired and like I mean I probably wake up to change in the night so I already and then I have to change in the morning which is more time erm, yeah it just makes me more tired but sometimes it makes me, sometimes I just go to sleep straight away, sometimes I don’t really acknowledge it but you know, it’s I think more when you have to get up early it’s more noticeable cause you know that you’re gonna pay for it in the morning whereas if your in a weekend you can just sleep until you’re comfortable about waking up. But that’s all I can think of.

Interviewer: That’s alright, thank you very much for talking about it. Is it OK if I stop the recording?

Participant: Yes