

Analyzing the Importance of Menstrual Equity on College Campuses - PERIODT

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Background

- Period poverty = the lack of access to menstruation products and education
- 500 million females (including adolescents) are deprived of menstrual hygiene resources
- In the U.S., 20% of teens experience poverty → affects menstruation practices and academic performance



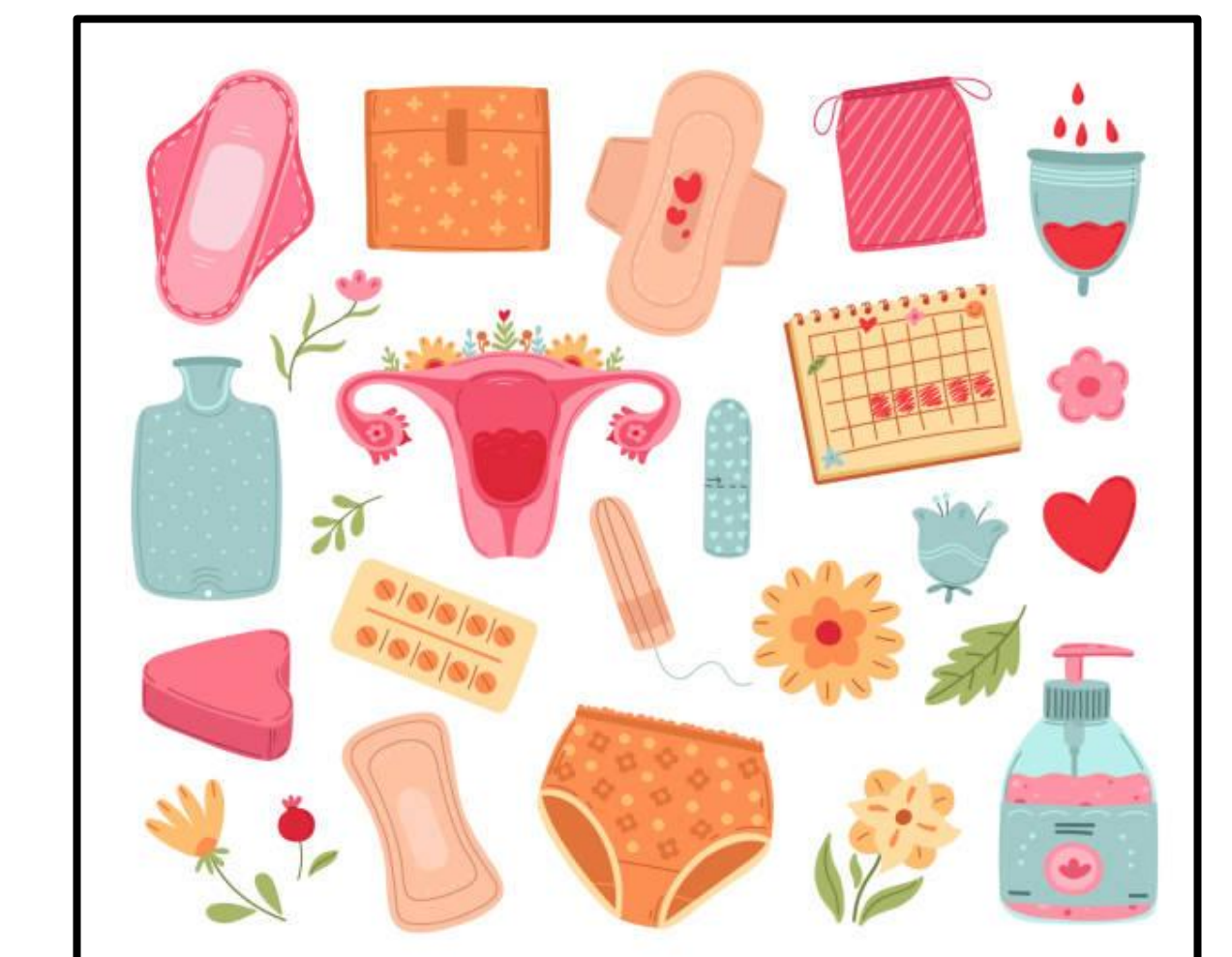
Methods

- Cross-sectional online survey distributed to female college students via email and posts on social media platforms.
- Questions regarding exposure (access to menstrual products):
 - asked respondents to recall over the past year the frequency of which they could not afford period products, had to borrow from others, and more.
- Questions regarding outcome (anxiety levels):
 - from GAD-7, a questionnaire that assesses and measures anxiety symptoms
- SPSS: used Pearson correlation coefficient to measure the strength of the relationship between accessibility to menstrual products and anxiety levels.



Conclusion

- Decreased access to menstrual products due to financial setbacks is associated with higher anxiety levels.
- Financial factors are an indicator of anxiety levels in relation to menstrual product resources.

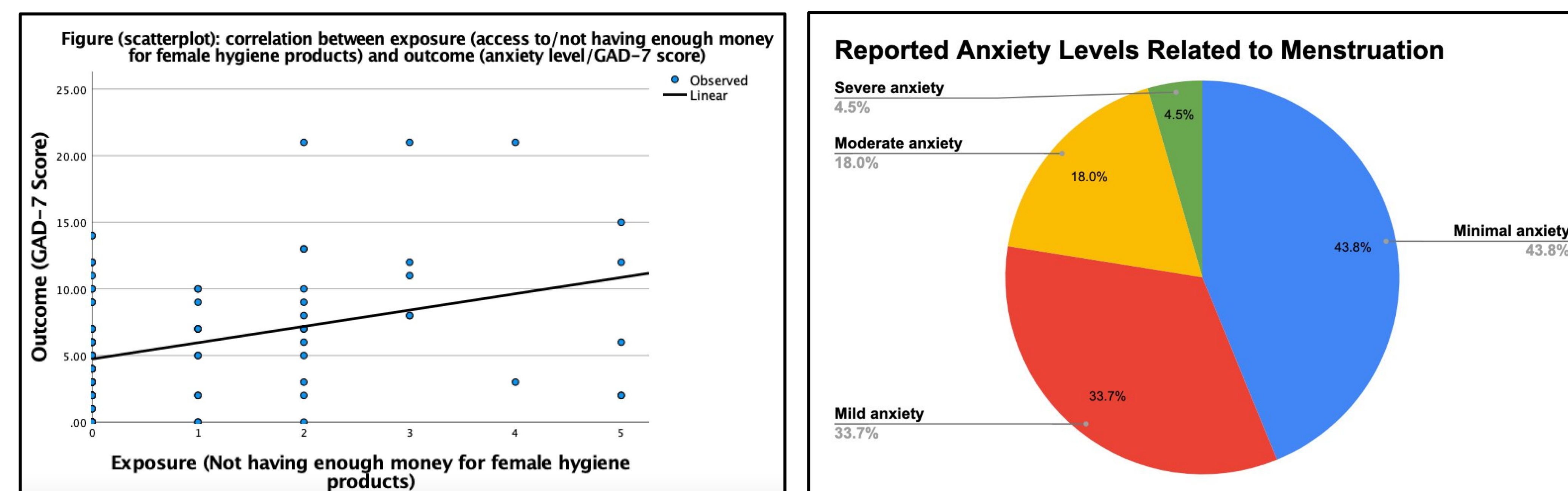


Objective

- Our study examines the relationship between access to menstrual products and anxiety levels among female college students.



Results



- Total of 89 participants participated in our study and 96.63% were female, 2.25% nonbinary, and 1.12% preferred not to say their gender.
- The majority of our participants were Asians (60.7%).
- 94.4% of our participants were 18-24 years old and 5.6% of them were 25-30 years old.
- Our Pearson correlation of 0.355 indicates a significant relationship between access to menstrual products and anxiety levels. However, the relationship is not strong.
- Economic challenges related to menstrual products are associated with higher anxiety levels in female college students.

Policy Implications

- To increase access of menstrual products, policies can be implemented to provide free female hygiene products in restrooms, as well as gender-neutral restrooms, on college campuses across all 50 states.
- Providing products in school settings can help bridge the gap in access to menstrual products which can aid in reducing anxiety levels.

