



What schoolgirls think of the menstrual cup:

**A comparative study about
perceptions of menstruation
management in South Africa
and the Netherlands**

Zara Nijzink-Laurie

Appendix

EU Contest for Young Scientists

Leiden 2022

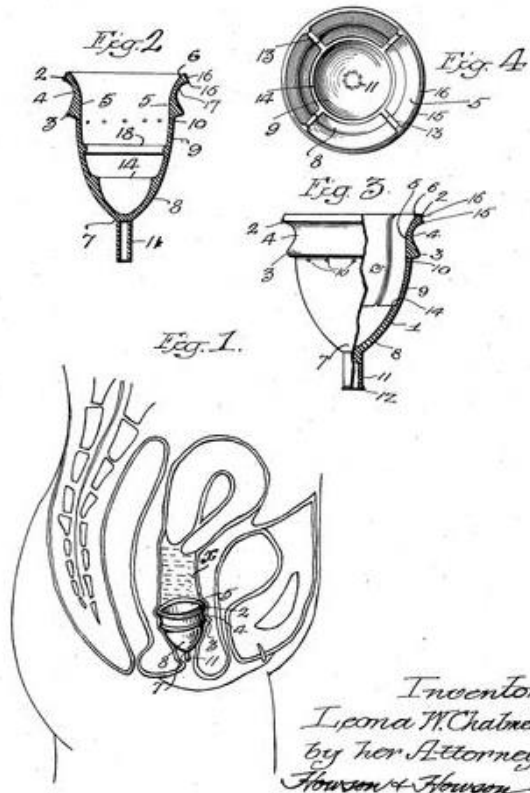


Source: <https://www.globalgiving.org/projects/menstrual-hygiene-kits-for-orphan-girls-in-india/share/>
<https://www.shutterstock.com/search/menstrual-hygiene-day>

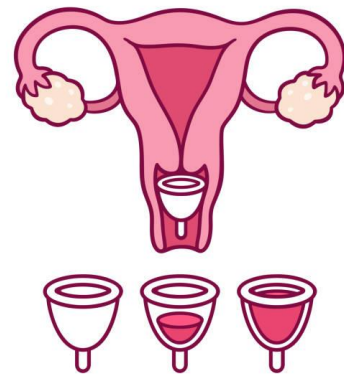
Aug. 3, 1937.

L. W. CHALMERS
 CATAMENIAL APPLIANCE
 Filed July 11, 1935

2,089,113



Source: <https://twitter.com/urmila92531581/status/1470288991500914691>



Source: <http://www.bleedingfeminism.com/2012/11/an-alternative-to-tampons-menstrual-cup.html>
<https://www.istockphoto.com/nl/illustraties/menstrual-cup>



Source: http://www.slate.com/articles/double_x/doublex/2015/06/menstrual_cups_are_a_feminist_issue_they_re_health_y_eco_friendly_and_good.html
<https://www.nytimes.com/wirecutter/reviews/best-menstrual-cup/>

A woman will dispose of **12,000** pads, tampons + other menstrual products in her lifetime, producing up to **150 kg** of waste

THE CUP

Source: <https://www.thecupeffect.org/why-we-exist/>

Figure 1: Awareness of Menstrual Cup

Chart 1:

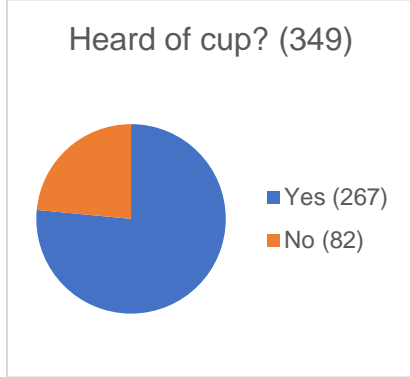


Chart 2:

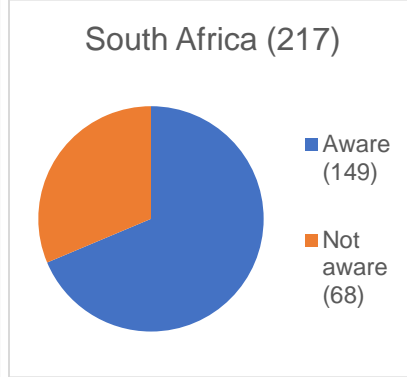


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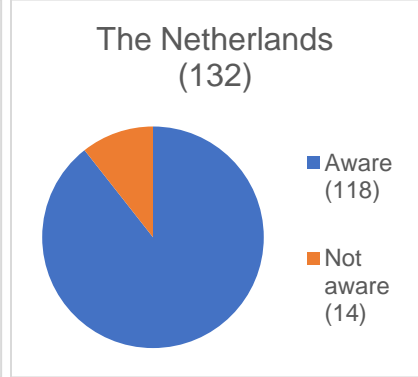


Figure 2: Sources of Information

Chart 1:

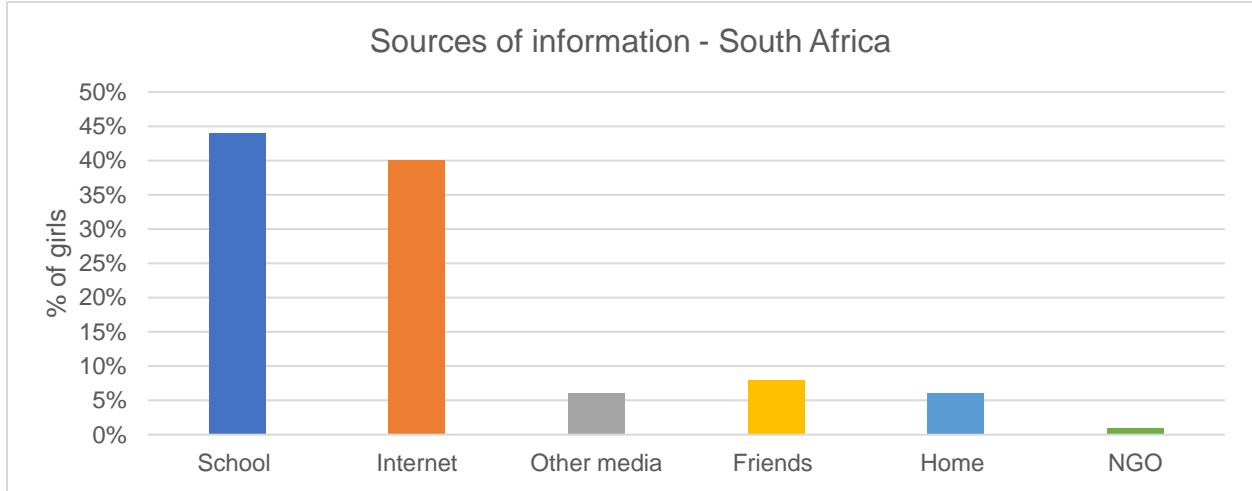


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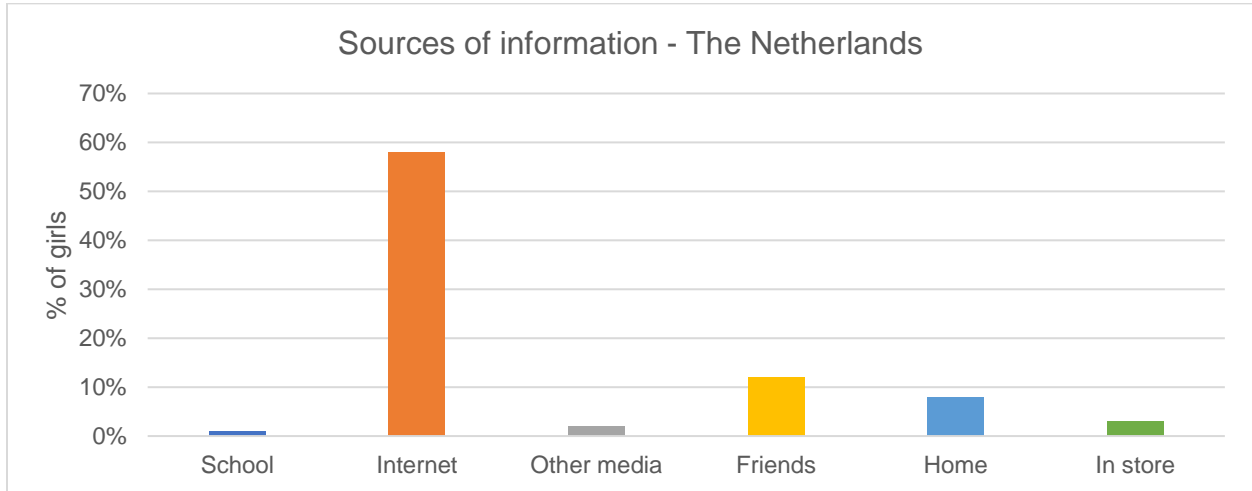


Figure 3: Methods of Menstruation Management

Chart 1:

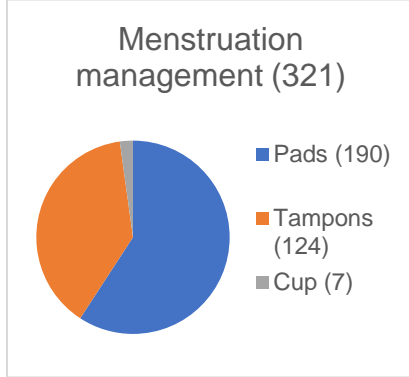


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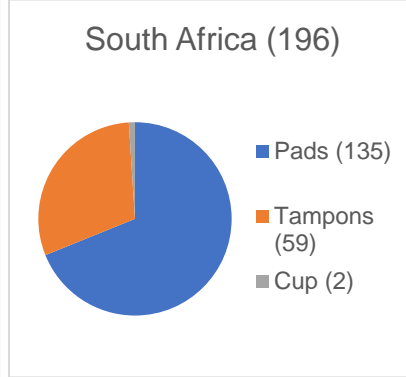


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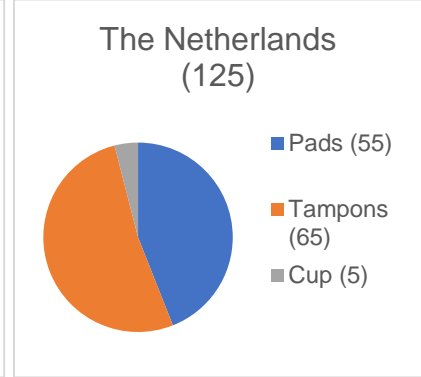


Figure 4: Willingness to Try the Menstrual Cup

Chart 1:

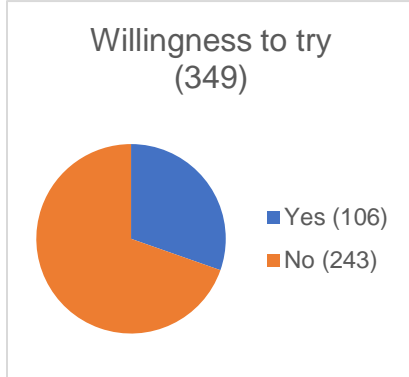


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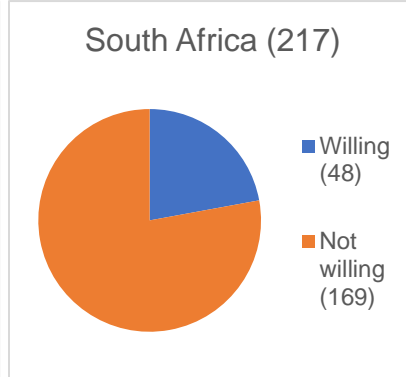


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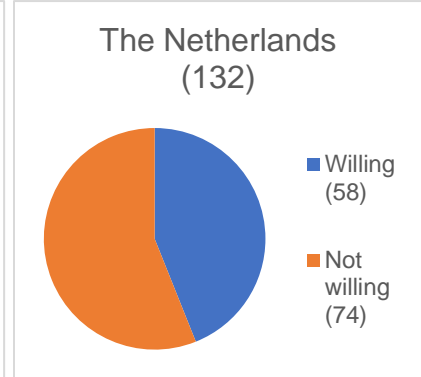


Figure 5: Willingness to Try the Menstrual Cup and Use of Other Methods – South Africa

Chart 1:

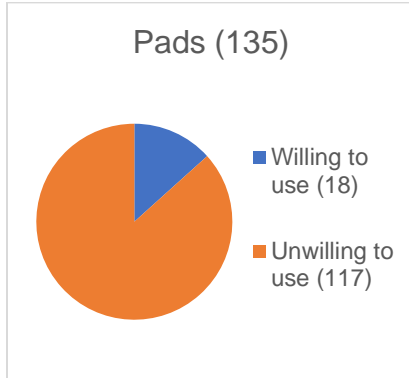


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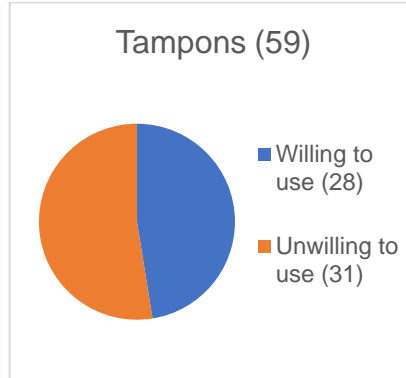


Figure 6: Willingness to Try the Menstrual Cup and Use of Other Methods – The Netherlands

Chart 1:

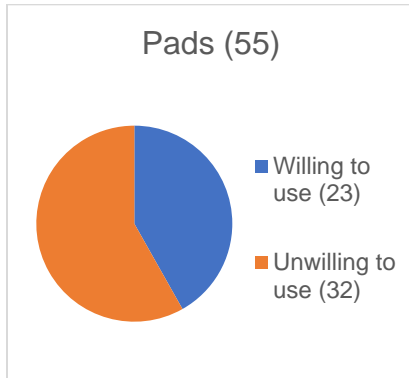


Chart 2:

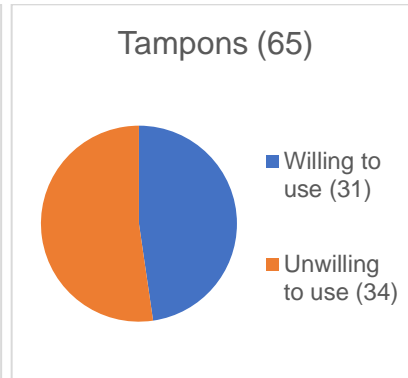


Figure 7: Barriers to Using the Menstrual Cup before Providing Information – South Africa vs The Netherlands

Chart 1:

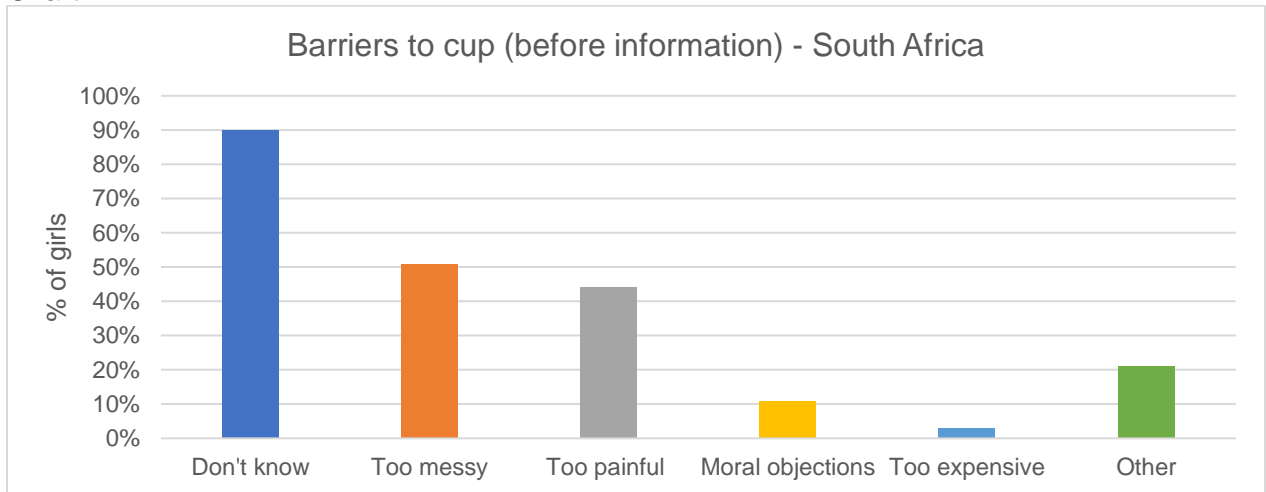


Chart 2:

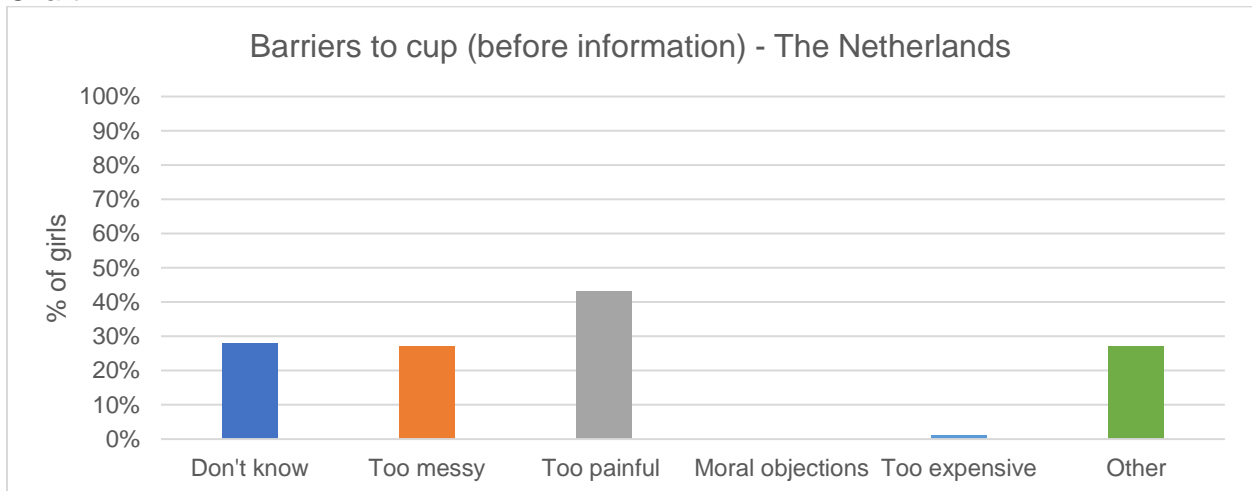


Figure 8: Willingness to Try the Menstrual Cup after Providing Information

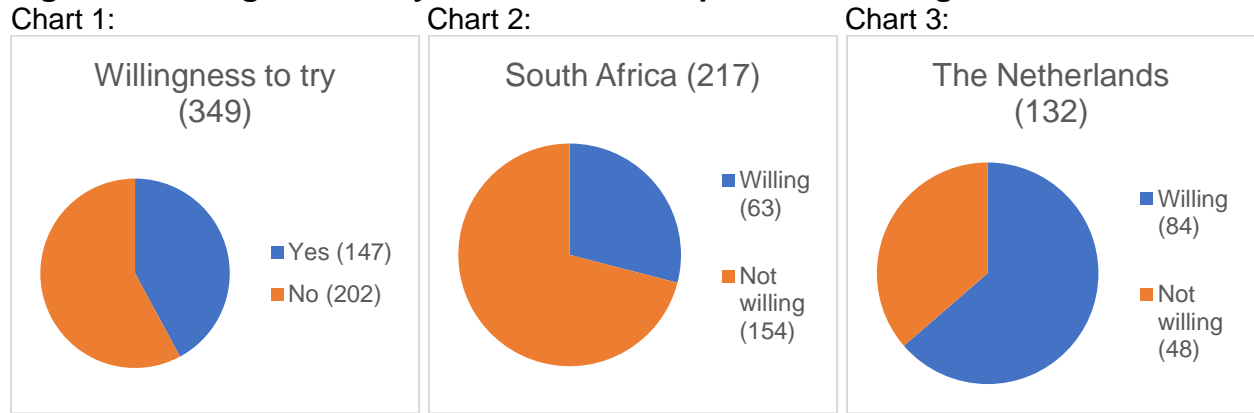


Figure 9: Willingness to Try the Menstrual Cup after Providing Information – South Africa

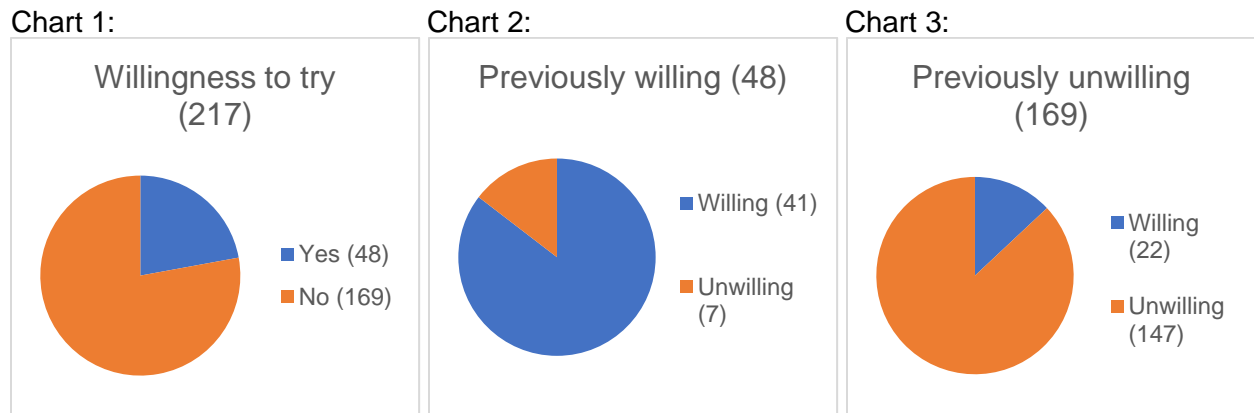


Figure 10: Willingness to Try the Menstrual Cup after Providing Information – The Netherlands

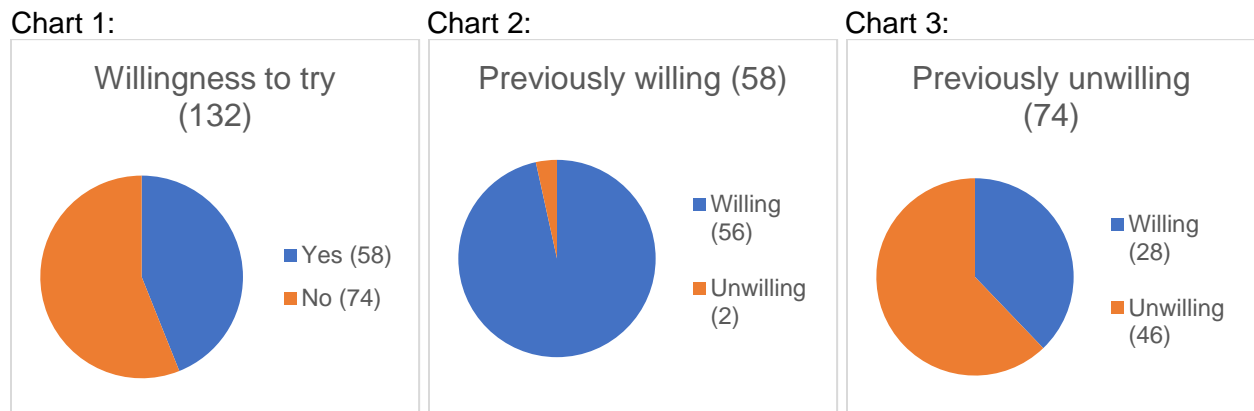


Figure 11: Barriers to Using Menstrual Cup after Providing Information – South Africa vs The Netherlands

Chart 1:

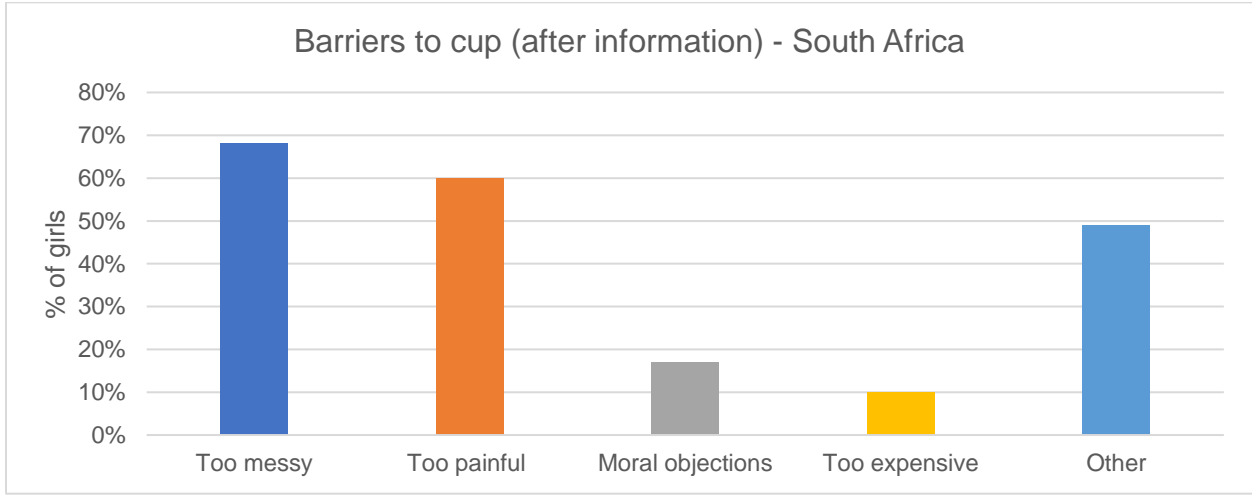
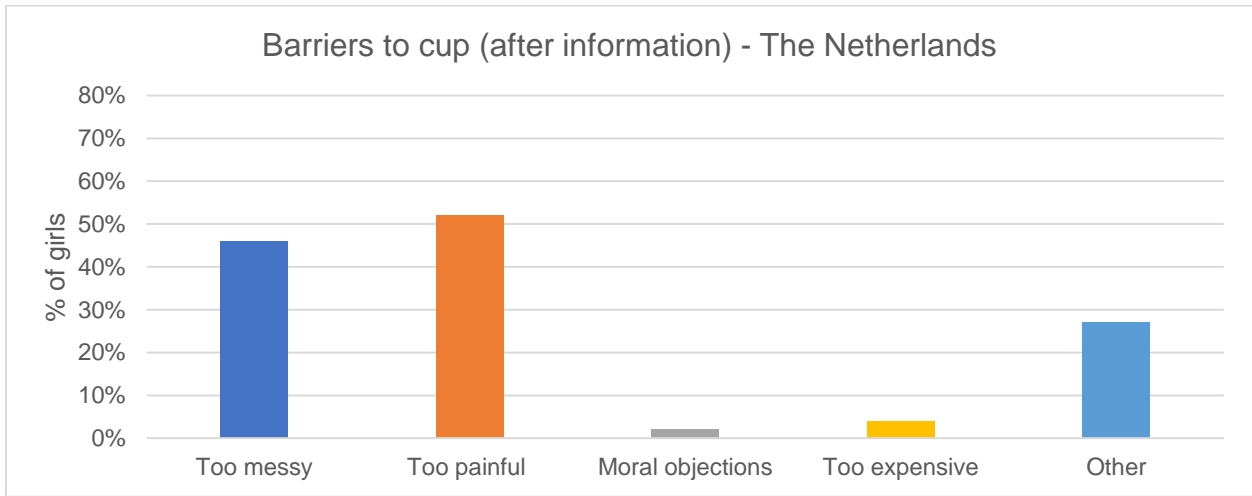


Chart 2:





Source: <https://www.behance.net/gallery/55566463/Conquering-the-Menstrual-Cup>