

## Demographics

### ***Q1. Age***

- <18 years
- 18-29 years
- 30-39 years
- >40 years

### ***Q2. Level of education***

- Primary school
- Middle school
- High school
- Intermediate school
- Undergraduate
- Graduate

### ***Q3. Healthcare worker***

- Yes
- No

### ***Q4. Access to annual healthcare***

- Always
- Often
- Sometimes
- Rarely
- Never

### ***Q5. Age at menarche***

- <10 years
- 10-16 years
- >16 years

### ***Q6. Duration of cycle***

- <21 days
- 22-24 days
- 25-28 days
- 29-32 days
- 33-35 days
- >36 days
- Irregular

### Awareness

***Q7. Heard of endometriosis***

- Yes
- No
- Not sure

### Pre-intervention questions

***Q8. Where does endometriosis originate from?***

- Fallopian tubes
- Uterus
- Ovaries
- Vagina
- Don't know

***Q9. What are potential causes for pelvic pain (check any that apply)?***

- Premenstrual syndrome
- Polycystic ovarian syndrome
- Ovulation
- Pelvic inflammatory disease
- Sexually transmitted infections
- Uterine fibroids
- Urinary tract infections
- Endometriosis
- Don't know

***Q10. Which of the following are symptoms of endometriosis?***

- Irregular vaginal bleeding
- Heavy vaginal bleeding
- Pain with sexual intercourse
- Pain during periods
- Don't know

***Q11. What are the chances a woman with mild or moderate endometriosis will conceive?***

- Very good
- Good
- Fair
- Poor
- Very poor
- Don't know

### **Satisfaction of knowledge**

***Q12. Are you satisfied with the knowledge of symptoms related to your periods?***

- Completely satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Completely dissatisfied

### **Symptoms in the last 3 months**

***Q13. In the last 3 months, have you had pelvic pain with your periods?***

- Always (3 or 3 periods)
- Often (2 of 3 periods)
- Occasionally (1 of 3 periods)
- Never

***Q14. In the last 3 months, have you had pelvic pain in between one period cycle and the next?***

- Always (3 of 3 periods)
- Often (2 of 3 periods)
- Occasionally (1 of 3 periods)
- Never

***Q15. In the last 3 months, have you had pelvic pain while urinating or defecating during your period?***

- Always (3 of 3 periods)
- Often (2 of 3 periods)
- Occasionally (1 of 3 periods)
- Never

### **Level of concern**

***Q16. Are you concerned about any symptoms related to your periods?***

- Extremely concerned
- Moderately concerned
- Somewhat concerned
- Slightly concerned
- Not at all

***Q17. Have you suspected your symptoms related to your periods are due to endometriosis?***

- Yes
- No, but considered
- No, and not considered

**Q18. If yes, did you discuss these symptoms with your doctor?**

- Yes
- No, but considered
- No, and not considered

### **Interventional brochure**

Please read the image carefully to educate yourselves about endometriosis:

The most common symptom of endometriosis is **pelvic pain**. The pain often correlates to the menstrual cycle, however a woman with endometriosis may also experience pain at other times during her monthly cycle.

Pain may be felt **before/during/after menstruation, during ovulation, in the bowel during menstruation, when passing urine, during or after sexual intercourse and in the lower back region.**

▶ Endometriosis happens when tissue similar to the lining on the **inside of your uterus** grows outside of your uterus where it doesn't belong. Endometriosis growths may swell and bleed in the same way the lining inside of your uterus does every month — during your menstrual period.

Although endometriosis can have an effect on your chances of getting pregnant most women who have mild endometriosis **are not infertile**. An estimated 70% of women with mild to moderate endometriosis will get pregnant without treatment.

### **Post intervention questions**

**Q19. Where does endometriosis originate from?**

- Fallopian tubes
- Uterus
- Ovaries
- Vagina
- Don't know

**Q20. What are potential causes for pelvic pain (check any that apply)?**

- Premenstrual syndrome
- Polycystic ovarian syndrome
- Ovulation
- Pelvic inflammatory disease
- Sexually transmitted infections

- Uterine fibroids
- Urinary tract infections
- Endometriosis
- Don't know

***Q21. Which of the following are symptoms of endometriosis?***

- Irregular vaginal bleeding
- Heavy vaginal bleeding
- Pain with sexual intercourse
- Pain during periods
- Don't know

***Q22. What are the chances a woman with mild or moderate endometriosis will conceive?***

- Very good
- Good
- Fair
- Poor
- Very poor
- Don't know