

### Supplementary Materials 1

Cognitive Interviews. Selection of participants' explanations of their responses.

	MPNS Item	Participant response
1	Were your menstrual materials comfortable?	<i>Sometimes</i> - the pads are uncomfortable and sometimes itchy. (CI5) <i>Sometime</i> -because she uses pads and cloths, but when she uses cloth it's uncomfortable. (CI3) <i>Always</i> . She is comfortable with pads and cloth. (CI3)
2	Did you have enough of your menstrual materials to change them as often as you wanted to?	<i>Sometimes</i> . Pad is not available always. (CI2) <i>Always</i> . I usually change cloth after 30 minutes (CI3) <i>Always</i> . As they always have enough pads stored in their house. (CI5)
3	Were you satisfied with the cleanliness of your menstrual materials?	<i>Sometimes</i> -I can't always clean my cloths when I'm at school. (CI1) <i>Always</i> -I can change my pads after every six hours. (CI3) <i>Always</i> -I clean my used cloths with Savlon and powder soap. (CI3)
4	Could you get more of your menstrual materials when you needed to?	<i>Always</i> . She says that when she runs out of pads, she tells her mother. Then her mother would have brought pad for her. (CI7) <i>Most of the time</i> . My mother always buy my pads but when it finished I used cloths. (CI3)
5	Were you worried that your menstrual materials would allow blood to pass through to your outer garments?	<i>Never</i> . She says her bleeding was very light during her last period. Moreover, she was wearing pad properly. (CI7) <i>Sometimes</i> - mentioned getting worried on heavy days but not always. (CI6) <i>Most of the time</i> -I am always tensed about it. (CI1) <i>Always</i> , as they are constantly worried about leakage due to heavy bleeding. (CI5)
6	Were you worried that your menstrual materials would move from place while you were wearing them?	<i>Never</i> . She is very confident that her menstrual pad will not dislodge. It never happened. (CI4) <i>Sometimes</i> . She says that since she used the pad for the first time, she sometimes felt like the pad was slipping out of place. (CI7) <i>Most of the time</i> -cause most of the time I use cloths. (CI1)
7	Were you worried about how you would get more of your menstrual material if you ran out?	<i>Never</i> . Says that her mom always brings her menstrual material. Her mother even brought the menstrual material before it was over. (CI4) <i>Never</i> . Because they always have pads in their house. (CI6)
8	Did you feel comfortable carrying spare menstrual materials with you outside your home?	<i>Most of the time</i> - I keep them in a separate pocket which no one opens (CI8) <i>Sometimes</i> . When we go relatives house we can't carry, if brother or father see us to carry pads, we feel awkward. (CI9)
9	Did you feel comfortable carrying menstrual materials to the place where you changed them?	<i>Sometimes</i> -we carry it with us to bathroom hiding under the scarf. (CI2) <i>Sometimes</i> because she also carries the pads in her sleeves or covers them with a scarf (CI5)
10	Did you feel comfortable storing [keeping] your leftover or cleaned menstrual materials until your next period?	<i>Always</i> . She says she keeps the unused pads for next time. But she keeps it hidden. (CI7) <i>Always</i> , as they use pads and they store their leftover pads in the drawer for their next cycle. (CI5)
11	Were you able to wash your hands when you wanted to?	<i>Always</i> -Both girl clean their hands when they touch menstrual materials. (CI2) <i>Always</i> . because they have enough supply of water and facilities. (CI5)

12	Were you able to immediately dispose of your used menstrual materials?	<i>Most of the time.</i> She says she throws her used menstrual pads in the dustbin. But it is not always possible to throw it in the dustbin immediately. Because the dustbin was the outside of her house. (CI7) <i>Most of the time-</i> I can't when guests are there. (CI3)
13	Were you able to dispose of your used materials in the way that you wanted to?	<i>Sometimes-</i> we store our used pads altogether and throw away when menstruation ends. (CI1) <i>Always.</i> Yes, I have always thrown it the way I wanted. We have a dustbin in our house. Always left there. (CI7)
14	Were you worried about where to dispose of your used menstrual materials?	<i>Never.</i> She said that she throws her menstrual materials in the dustbin at home. During throw the pad she wraps it well in paper. Then the garbage men come and take away the garbage. So, she didn't have to worry. (CI4) <i>Sometimes -</i> because, when they are outside of the house they get worried about where to dispose of the used pads. (CI5)
15	Were you concerned that others would see your used menstrual materials in the place you disposed of them?	<i>Never.</i> She says that used menstrual pads are wrapped in paper or plastic... so no one can see (CI4) <i>Some of the time.</i> Because she disposes of it in a dumpster near her house, where neighbours can see the materials. (CI6) <i>Always-</i> and said that they are worried about disposing of the materials. Because their neighbours or others might see them while disposing of them and ask questions. (CI5)
16	Home - Were you able to change your menstrual materials when you wanted to?	<i>Sometimes</i> because they are worried that their family members might bother them by asking questions about pads if they (male members) see them. So, when the male members are near the bathroom they don't change. (CI5) <i>Always.</i> Because they have a separate bathroom in their house. (CI3)
17	Home - Were you satisfied with the place you used to change your menstrual materials?	<i>Always-</i> yes, we can change our pads in our room and also in bathroom (CI1)
18	Home -Did you have a clean place to change your menstrual materials?	<i>Always.</i> A clean place where no dirt is present (CI8)
19	Home - Were you worried that you would not be able to change your menstrual materials when you needed to?	<i>Never.</i> She also feels that she never has to worry about changing pads while at home. She had enough opportunity to change pads at home. (CI7) <i>Never,</i> we have two separate bathrooms at our home. My parents use one and we use another one. So I can change whenever I want... But girls who live in the slum area are in risk, anyone can see them (as they use open toilet usually) (CI7)
20	Home - Were you worried that someone would see you while you were changing your menstrual materials?	<i>Sometimes.</i> She says that sometimes her mother sees her while changing pads. But she is not worried about that. But she is also careful when changing pads so that no one sees her. (CI4) <i>Most of the time and always.</i> They said that their family members might see them while changing pads/ taking the pads with them to the bathroom/disposing of them. (CI5)
21	Home - Were you worried that someone would harm you while I you were changing your menstrual materials?	<i>Never.</i> They asked, who is gonna hurt them? And how? (CI6)
22	Home - Were you worried that something else would harm you while you were changing your menstrual materials (e.g., animals, insects, unsafe structure)	<i>Never.</i> She was very surprised to read the question. Said she was never worried about this. (CI4) <i>Never.</i> They change their pads in the bathroom which is clean and safe. (CI6)

23	School - Were you able to change your menstrual materials when you wanted to?	<i>Sometimes</i> - because they felt shy to ask permission from their male teachers to go to the bathroom with a friend to change their pads. (CI5) <i>Most of the time</i> -can't go to the bathroom unless the teacher gives permission. (CI3)
24	School - Were you satisfied with the place you used to change your menstrual materials?	<i>Never</i> -Sometimes we can't find dustbin in bathroom (CI1) <i>Sometimes</i> - Our school's bathroom is clean. (CI2) <i>Most of the time</i> . We have a bin (balti) which get filled sometimes, then we cannot dump pads (CI8)
25	School - Did you have a clean place to change your menstrual materials?	<i>Sometimes</i> because usually, their bathroom is clean but it gets muddy as many students use it. (CI5) <i>Most of the time</i> -our school's bathroom is neat and clean. (CI1) <i>Most of the time</i> -Our school's bathroom is clean and it has dustbin box. (CI3)
26	School - Were you worried that you would not be able to change your menstrual materials when you needed to?	<i>Sometimes</i> . We can go to the toilet. But they can see while carrying the pads to the toilet underarm. (CI8) <i>Never</i> . She thinks that anyone can change their menstrual materials as needed at school. She also said that their school bathroom is very good and clean. (CI4)
27	School - Were you worried that someone would see you while you were changing your menstrual materials?	<i>Never</i> . because they lock the door from the inside of the bathroom, so no one can see them. (CI6) <i>Never</i> - Our bathroom is separated from boys bathroom. (CI1) <i>Most of the time</i> because they are worried about getting bullied by the students both female and male, if other students see pads with them. (CI5)
28	School - Were you worried that someone would harm you while you were changing your menstrual materials?	<i>Never</i> . She said that their school is a girl's school. No boys are allowed here. Therefore, she did not think that someone could be harmed during the change of menstrual material. (CI4)
29	Did you have enough water to soak or wash your menstrual materials?	<i>Always</i> . We have tubewell so there is no problem with water (CI2)
30	Did you have access to a basin or bucket to soak or wash your menstrual materials whenever you needed it?	<i>Always</i> -Both girls have separate pot and mug for menstrual cloths cleaning. (CI3)
31	Were you able to wash your menstrual materials whenever you wanted to?	<i>Most of the time</i> -when we are in Madrasa or outside of home then we can't do this. (CI2) <i>Most of the time</i> . I have menstrual cramps, so I could not do it always if I want to do so. I cannot stand when I have cramps (CI8)
32	Did you have enough soap to wash your menstrual materials?	<i>Most of the time</i> . We do not get soap to clean menstrual pads at madrasa always. (CI8)
33	Were you able to dry your materials when you wanted to?	<i>Most of the time</i> -I can't dry clothes in rainy season, it's takes time. (CI2) <i>Most of the time</i> . If I use cloths I hide them with other cloths to dry. Then we cannot dry cloths properly always. (CI8) <i>Always</i> -I can dry clothes always even by fan. (CI2)
34	Were you worried that someone would see you while I you were washing your menstrual materials?	<i>Never</i> -No one ever sees and we also wash our cloth in bathroom. (CI2) <i>Most of the time</i> . Males can see us at home, as we live jointly. (CI9)
35	Were you worried that your menstrual materials would not be dry when you needed them?	<i>Sometimes</i> -When there is no pad, then I got worried. (CI3)
36	Were you worried that others would see your menstrual materials while they were drying?	<i>Never</i> -we dry our clothes with fan air or in backside of stand or wardrobe. (CI2) <i>Sometimes</i> . My brother can see it at home, as we dry it behind a curtain, curtain can move anytime (CI9)