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| **Domain:** | Reproductive Health |
| **Measure:** | Menstrual History |
| **Definition:** | Questions to determine a female's menstrual history including disruptions to her menstrual cycle. |
| **Purpose:** | These questions assess females' menstrual history. |
| **Essential PhenX Measures:** | Current AgeGender |
| **Related PhenX Measures:** |  |
| **Collections:** | Sex and ReproductionInfertility and Sexual DysfunctionPregnancy and Fertility HistoryPersonal Characteristics Risks to Pregnancy |
| **Keywords:** | Reproductive health, menstrual history, menses, menstrual periods, menopause, breastfeeding, Study of Women Across the Nation (SWAN), Black Women's Health Study, Nurses Health Study |

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| **Protocol Release Date:** | February 26, 2010 |
| **PhenX Protocol Name:** | Menstrual History |
| **Protocol Name from Source:** | The Expert Review Panel has not reviewed this measure yet. |
| **Description:** | Females answer questions about the frequency and regularity of her menstrual cycle and whether any irregularities were due to breastfeeding. Females also answer questions about whether their periods have stopped. |
| **Specific Instructions:** |  |
| **Protocol:** | 1. Since the age of 18, have you ever experienced a time interval of 3 or more months when you did not have a menstrual period? [PROBE: IF "YES": Was this one time only or more than once?] [ ] 1 No (Skip to question 4)[ ] 2 Yes One time only [ ] 3 Yes More than once [ ] -8 Don't know (Skip to question 4)2. Were you breastfeeding at the time?[ ] 1 No (Skip to question 4)[ ] 2 Yes [ ] -8 Don't know (Skip to question 4)3. Were you breastfeeding or pregnant every time this happened?[ ] 1 No[ ] 2 Yes[ ] -8 Don't know 4. During ages 18-22 what was the pattern of your menstrual cycles? (excluding time around pregnancies) [ ] Regular (within 8 days)[ ] Usually irregular[ ] Always irregular[ ] No periods5. On average, during the last year, how many days were there in a typical menstrual cycle, that is, from the beginning of bleeding of one menstrual period to the beginning of bleeding of the next period?[ ] 1 Less than 21 days[ ] 2 21-25 days[ ] 3 26-32 days[ ] 4 33-35 days[ ] 5 36-90 days[ ] 6 More than 90 days[ ] 7 Too variable to say[ ] -8 Don't know6. Have your menstrual periods stopped permanently?[ ] Yes, no menstrual periods [ ] Yes, but have periods now due to female hormones (end)[ ] No (end)[ ] Not sure (end)7. How old were you when your periods stopped?[ ]  Less than 35[ ]  35 - 39[ ]  40 - 44[ ]  45 - 49[ ]  50 - 54[ ]  55 or more |
| **Selection Rationale:** | No single protocol was found to cover menstrual history through the life cycle. Therefore the PhenX Reproductive Health Working Group used protocols from three well established sources, the Study of Women's Health Across the Nation (SWAN), the Nurses Health Study, and the Black Women's Health Study to address disruptions and the end to menstrual cycles. |
| **Source:** | National Institute on Aging (NIA), the National Institute of Nursing Research (NINR), the National Institutes of Health (NIH), et al. Study of Women's Health Across the Nation (SWAN) Baseline 08-19-04. Question numbers C20 (question 1), C20.1 (question 2), C20.2 (question 3), Question number C11 (question 5).Harvard Medical School. Nurses Health Study, Long Form 1988. Boston, MA. Question number 20 (question 4).Slone Epidemiology Center at Boston University, 1010 Commonwealth Avenue, Boston, MA 02215. Black Women's Health Study 1995. Question 21 (questions 6 and 7). |
| **Life Stage:** | Adult |
| **Language of source:** | English |
| **Participant:** | Adult females, ages 18+ |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | Pencil and paper |
| **Standards:** |

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| **Standard** | **Name** | **ID** | **Source** |
| Common Data Element (CDE) | Female Menstrual Cycle History | 3007481 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3007481&version=1.0) |
| Logical Observation Identifiers Names and Codes (LOINC) | Menstrual hx proto | 62668-9 | [LOINC](http://s.details.loinc.org/LOINC/62668-9.html?sections=Web) |

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| **General references:** | Solomon CG, Hu FB, Dunaif A, Rich-Edwards J, Willett WC, Hunter DJ, et al. (2001). Long or highly irregular menstrual cycles as a marker for risk of type 2 diabetes mellitus. JAMA, 286: 2421-2426.Solomon CG, Hu FB, Dunaif A, Rich-Edwards JE, Stampfer MJ, Willett WC, et al. (2002). Menstrual Cycle Irregularity and Risk for Future Cardiovascular Disease. J Clin Endocrinol Metab, 87: 2013-2017. |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** |

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| **Requirement Category** | **Required** |
| Major equipment | No |
| Specialized training | No |
| Specialized requirements for biospecimen collection | No |
| Average time of greater than 15 minutes in an unaffected individual | No |

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| **Process and Review:** | The Expert Review Panel has not reviewed this measure yet. |