

# Women's Attitudes About Menstruation and Associated Health and Behavioral Characteristics

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**Objective:** To examine the relationships between attitudes towards menstruation, health, and behavioral characteristics. **Methods:** The 136 women who completed questionnaires varied in their sexual activity, sexual orientation, and use of hormonal contraception. **Results:** Women's estimated cycle length was accurate when compared to observed cycle length ( $F(3,156) = .05$ ;  $P=.98$ ). Smokers had decreased durations of flow ( $P<.01$ ). Depo-

Provera users were less likely to view menstruation as natural compared to abstinent, sexually active heterosexuals or those using traditional oral contraception ( $F(5,141)=2.43$ ;  $P=.04$ ). **Conclusions:** Hormonal contraception use, but not sexual orientation, was associated with attitudes about menstruation.

**Key words:** sexual orientation, hormonal contraception, appearance

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