

# HELIUS Woman:

## Survey about Menstruation & Menopause



Dear HELIUS participant,

### Will you help us improve health for women? Please take part in HELIUS Woman!

Menstruation (periods) and menopause are part of life for many women. Some experience little to no symptoms, while others experience mental or physical problems. This can affect their daily life and work. Why is that? And which women are more likely to have these symptoms? We can only answer these questions with your help. Please watch the [video](#) for more information.

#### Survey about menstruation & menopause

You can help us by filling out a short questionnaire. Completing the survey is easy and takes just 8 minutes.

This letter explains all the details about the survey and what it means to participate.

Participating is completely voluntary.

#### Are you interested?

- Please read this letter carefully.
- If you have questions, please direct them to the research team at [info@heliusstudie.nl](mailto:info@heliusstudie.nl).

**Decided to participate? Please click the link in the e-mail and complete the survey.**

**As a thank you for your participation, you will be in for a chance to win one of ten €20 online VVV gift vouchers.**



**With this study, we want to better understand what happens in the body during menstruation and menopause.**

And what the effects are on women's health and daily life. We also want to examine which women are more likely to have heavy periods or bothersome symptoms during menopause.

#### If you participate, you will need to fill out the survey.

This will take about 8 minutes. The questions are about menstruation, menopause, symptoms and work.

#### By participating, you help us understand why some women experience more symptoms than others.

You will not directly benefit from participating in the survey. But with your help, we can better understand how women experience menstruation and menopause. That way, we can help women better in the future.

#### You are completely free to decide whether or not to participate.

You may always choose not to answer certain questions or to stop. You do not have to give a reason for stopping. However, the researchers will use the data collected up to the point you decided to stop.

## For what purpose will we use your data?

Participating in the survey? The first question of the survey will ask you to consent to the collection and encrypted analysis and storage of your answers.

### These are the data we use and store:

- Your contact details: name, e-mail address
- Data we have previously collected through HELIUS, such as your gender, age, ethnicity.
- Data relating to your health and work that we collect in the survey.

### We store your data for a longer period of time

By saving it, we can use it again at a later time to answer new research questions that contribute to the goal of HELIUS.

### Your data are secure

To protect your privacy, we encrypt your data with a unique code, for example 653982. Researchers only use that code. They do not see your name or address.

### How long do we store your data?

Up to 15 years after the end of the study. Afterwards we destroy your data.

### Scientific research

We will only use your data for scientific research and to publish the results in scientific journals.

### Do you want to read more?

- Website of HELIUS: <https://heliusstudy.nl/en/privacy-policy/>
- Website of the Dutch Data Protection Authority: <https://www.autoriteitpersoonsgegevens.nl/en/themes/basic-gdpr/privacy-and-personal-data>

### Questions?

Please direct any questions about the survey to the research team at [info@heliusstudie.nl](mailto:info@heliusstudie.nl). You can read more about the HELIUS study on our website [www.heliusstudy.nl](http://www.heliusstudy.nl).

**Decided to participate?  
Thank you very much!  
Please click the link in the email.  
And complete the survey.**



### Contact details

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On behalf of the HELIUS team

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