

Longitudinal Changes in Menstrual Cycle Knowledge among Women who Use the Flo Menstrual Cycle Tracking App

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Background

- Women's health has been understudied (Temkin et al., 2022)
- Improper research of women's health can lead to unmet health care needs (Stidham, 2021)

Method

- 78 women were asked about their agency over their health outcomes and menstrual cycle (MC) knowledge
- Next, participants were randomly assigned to receiving a MC pamphlet or access to Flo Premium
- Two months later, participants filled out another questionnaire comprised of the same health measures listed above

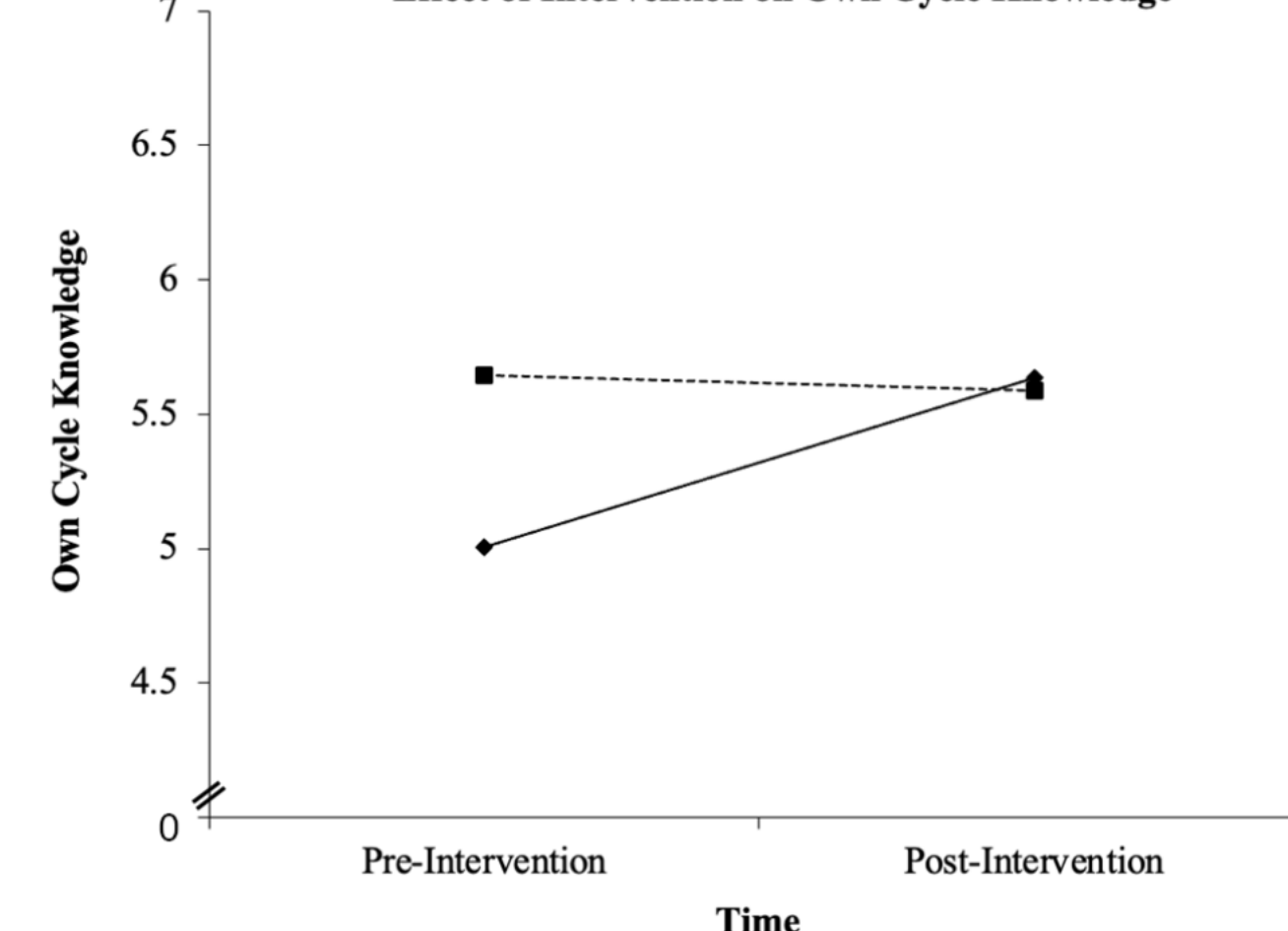
Hypotheses

- Flo premium users will improve in their own cycle knowledge, MC knowledge, and health agency between time 1 and time 2
- Pamphlet users will not improve their own cycle knowledge, MC knowledge, or health agency between time 1 and time 2

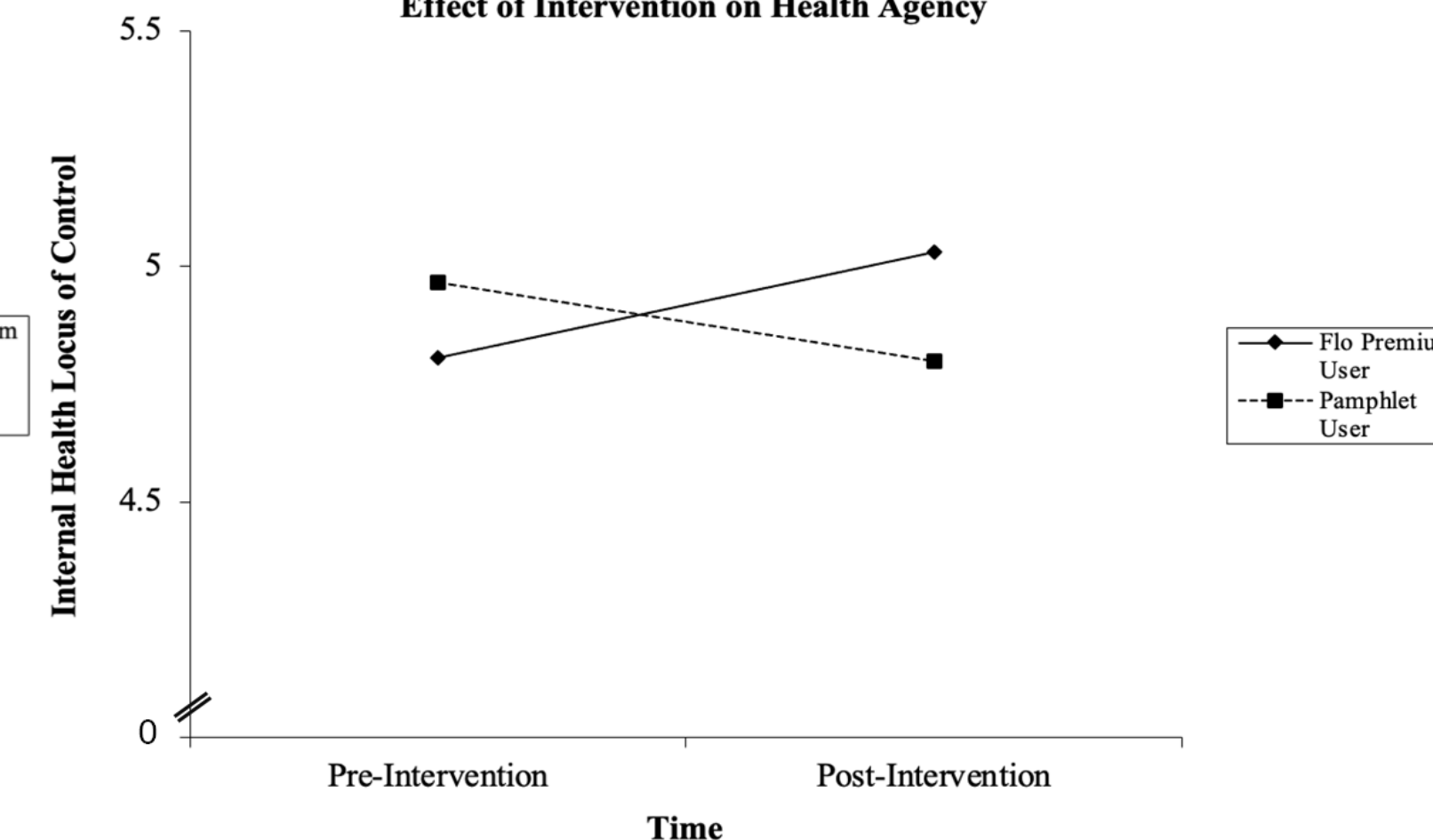
Results

- Mixed-model ANOVAs revealed significant interactions between condition and time for own cycle knowledge and health agency, $ps \leq .01$, but not for menstrual cycle knowledge, $p = .66$.
- Own cycle knowledge: Participants who received Flo Premium displayed increases in knowledge across time, $p < .01$, but participants who received the pamphlet showed no differences, $p = .66$. Looked at differently, at time 1, there was a significant difference between pamphlet users and Flo users, $p < .01$, such that pamphlet users had higher levels of own cycle knowledge than Flo users. At time 2, there was no difference in own cycle knowledge between the groups, $p = .8$.
- Health agency: Participants who received Flo Premium displayed increases in health agency across time, $p = .03$, but participants who received the pamphlet showed no differences, $p = .09$. Looked at differently, at time 1, there was no difference in health agency between the groups, $p = .26$. At time 2, there continued to be no difference between the groups, $p = .11$.

Effect of Intervention on Own Cycle Knowledge



Effect of Intervention on Health Agency



Conclusion

- Menstrual cycle apps can be used as a tool to improve one's awareness of how their menstrual cycle affects them, but cannot effectively teach women facts about the menstrual cycle
- Menstrual cycle app usage may improve how much control women feel over their health outcomes

Limitations

- Data collection is ongoing
- Post-intervention questionnaire is filled out online

References

- Temkin, S. M., Noursi, S., Regensteiner, J. G., Stratton, P., & Clayton, J. A. (2022). Perspectives from advancing national institutes of health research to inform and improve the health of women: A conference summary. *Obstetrics & Gynecology*, 140(1), 10-19. <https://doi.org/10.1097/AOG.0000000000004821>
- Hall, K.S. (2021). Advancing intersectional approaches for integrated women's health care and health equity: The unrealized potential of family planning settings. *Journal of Women's Health*, 30(9), 1213-1215. <https://doi.org/10.1089/jwh.2020.9005>