

Do you want to help change the lives of young people who have period pain, pelvic pain, or endometriosis?

If you believe that 'periods shouldn't ruin your life' – take the first step and join LongSTEPPP



who can take part?

You may be eligible to join if you:

- Are aged between **10 -18 years**
- **Are seeing a doctor*** for period pain, pelvic pain or endometriosis
- **Live in Australia;** and
- **Both you and your parent/guardian are willing to take part**

**This includes a General Practitioner (GP), Endometriosis or Pelvic Pain GP clinic, Paediatrician or a Gynaecologist.*

If you have any questions you can email, call or text a member of the study team:

longsteppp@mcri.edu.au

0450 707 234

To see if you're eligible, answer a few short anonymous questions via this link

www.mcri.edu.au/research/projects/longsteppp

Or scan the QR code

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what is LongSTEPPP?

Led by researchers at Murdoch Children's Research Institute, the LongSTEPPP project aims to find out how we can best care for young people experiencing period pain, pelvic pain, or who may have suspected or confirmed endometriosis.

The LongSTEPPP project asks you and your parent/guardian to complete annual questionnaires (about periods, pain, quality of life and mental health) which takes about an hour per year, done online at your own pace.

Your experience could help us work out the best way to care for young people with period pain, pelvic pain, or endometriosis.

Thanks for taking the first step in considering LongSTEPPP.

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