



A Call to Diversify the Literature on Menstrual Attitudes and Self-Objectification

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Purpose of the Study

Investigating the current literature on the relationship between self-objectification and menstrual attitudes.

Our Focus

Discussing the demographics of the examined literature and methods of diversifying future menstrual research.

Definitions of Our Variables

Self-Objectification

The internalization of the outside viewer's perspective, often harming mental health (Fredrickson & Roberts, 1997).

Menstrual Attitudes

The perceptions and beliefs an individual holds towards menstruation and menstruators.

Method

01

**Generation of
search terms**

02

**Selecting articles
for analysis**

03

**Conducting final
analysis**

04

**Coding the studies
and discussion**

05

**Calculating overall
sociodemographics**

06

**Identifying strengths
and weakness**

Key Findings

Higher self-objectification was significantly correlated with more negative menstrual attitudes.

Two studies found a significant relationship between these variables for each measure, while two studies found no significant relationship at all.



80% of studies were correlational.

Two studies found a significant relationship between these variables after controlling for age.

Samples were relatively homogenous.

All participants in each study were presumed to be cisgender women. Participants' ages ranged from 12–61, but skewed towards younger menstruators ($M = 24.71$).

Table 1. Participant Characteristics Across Studies

Demographic Characteristics	Studies That Reported (n, %)	Mean % of Reporting Samples
Race/Ethnicity 	8, 80%	
White		79.2
African American/Black		6.8
Asian American/Pacific Islander		9.8
Latino/Hispanic		8.1
Relationship Status	6, 60%	
Single		38.0
Married/Living as married		46.8
Divorced		6.9
Dating/In a relationship		38.2
Education Status	8, 80%	
Completed high school		5.7
Completed college		54.0
Some college		75.6
Sexual Orientation 	4, 40%	
Heterosexual		90.2
Other		9.2

◆ Moving Forward in Menstrual Research

- Prioritize sampling participants with specific social identities without exploiting them.
- Work to understand the nuanced relationships between marginalized participants, menstruation, and self-objectification.
- Encourage interdisciplinary work within menstrual research.
- Investigate the impact of income level on menstrual attitudes and self-objectification.
- Make space for communities whose existence is not considered in psychological research.

List of Studies in the Systematic Literature Review

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- Siddaway, A. P., Wood, A. M., & Hedges, L. V. (2019). How to do a systematic review: A best practice guide for conducting and reporting narrative reviews, meta-analyses, and meta-syntheses. *Annual Review of Psychology, 70*, 747-770..
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- White, L. R. (2012). The function of ethnicity, income level, and menstrual taboos in postmenarcheal adolescents' understanding of menarche and menstruation. *Sex Roles, 68*(1-2), 65–76.

It was my pleasure to present!



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