

**SEVERE
PERIOD
PAIN
IS NOT
NORMAL**

WALES SPPINN STUDY

What is Severe Period Pain (SPP)?

Severe period pain affects up to 29% of women, girls, and people assigned female at birth. SPP is period pain that makes it difficult to do your every day activities (e.g., sleep, concentrate, move).

SPP begins around puberty. For many people, SPP continues as they get older. SPP can have a big impact on people's lives, including missed school or work, distress, and frequent healthcare use.

What are the treatments for SPP?

Those affected by SPP will often visit their doctor for help in managing their symptoms. The treatments offered might include pain medication, hormonal contraceptives, education, and self-management strategies.

However, through speaking to people in Wales and looking at research, we learned that not everyone is able to access or benefit from the treatment or support available for SPP.

What is the Wales SPPINN Study?

The Wales SPPINN study wants to look at what works or doesn't work, for different people, and in what settings when it comes to identifying and managing SPP in Wales.

The study will include:

- Looking at research and healthcare guidelines on SPP
- Interviews with people who have SPP and people involved in their care (family, carers, healthcare and education professionals)
- Analysing data that is collected by healthcare services

Who is the SPPINN Study Team?

The Wales SPPINN Study team includes:
Researchers at Cardiff University and Bangor University
Women's Health Advocates (Fair Treatment for the Women of Wales)
Professional partners (GPs, Gynaecologists, Endometriosis specialists, Teachers, School nurses and more)
Diverse public partners from across Wales
With funding from Health and Care Research Wales

Want to learn more or get involved?

Check out our website and social media accounts! We welcome contacts from the public, patients, and professionals.



You can also sign-up for our quarterly newsletter on our website!