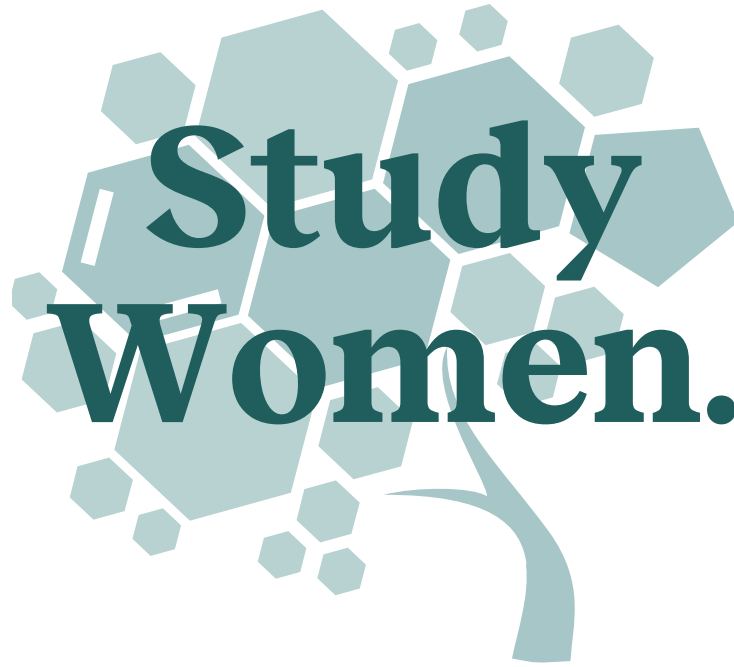


The STANDARD: *Developing the Standardized Tool for Acquiring Reproductive Health Data*

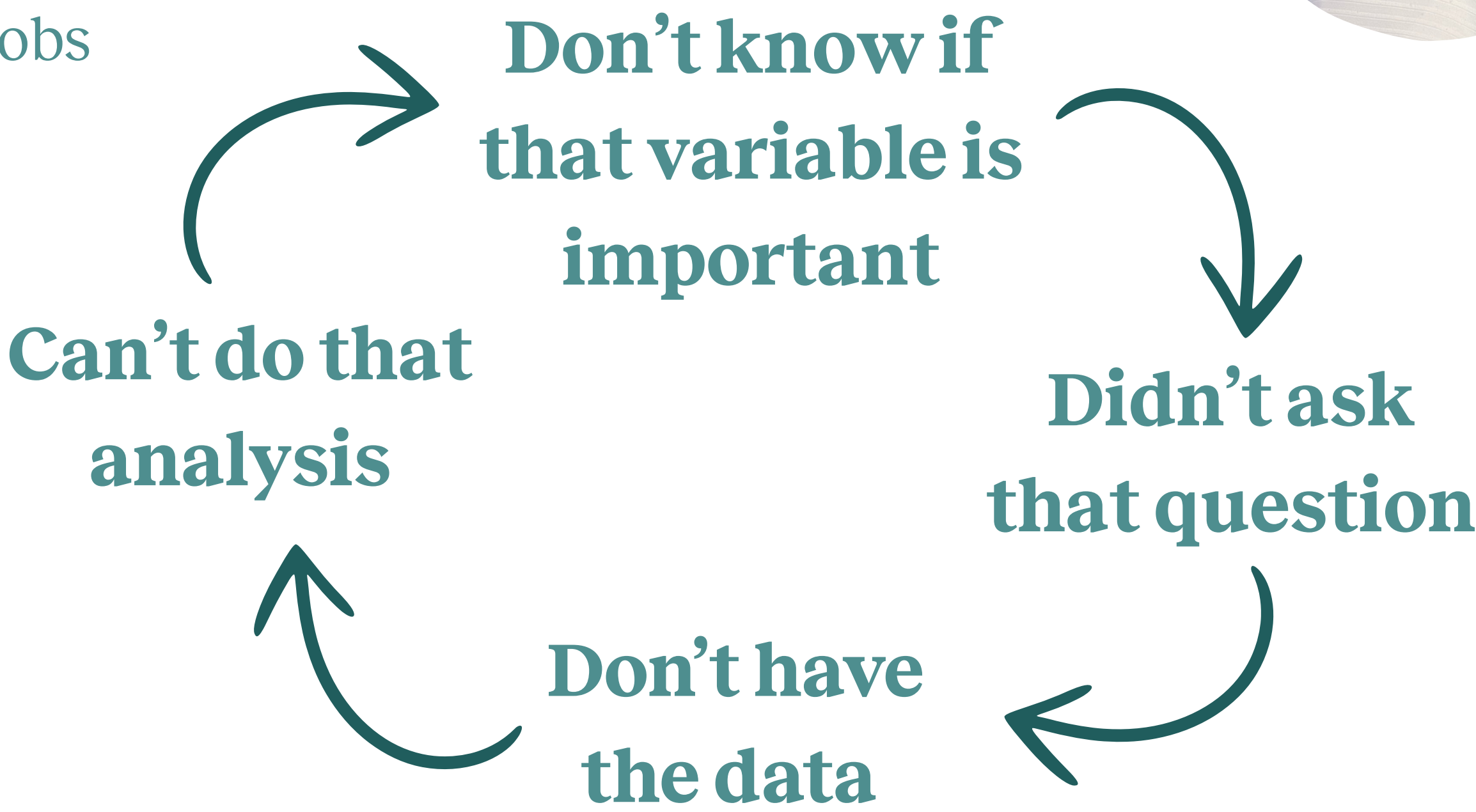
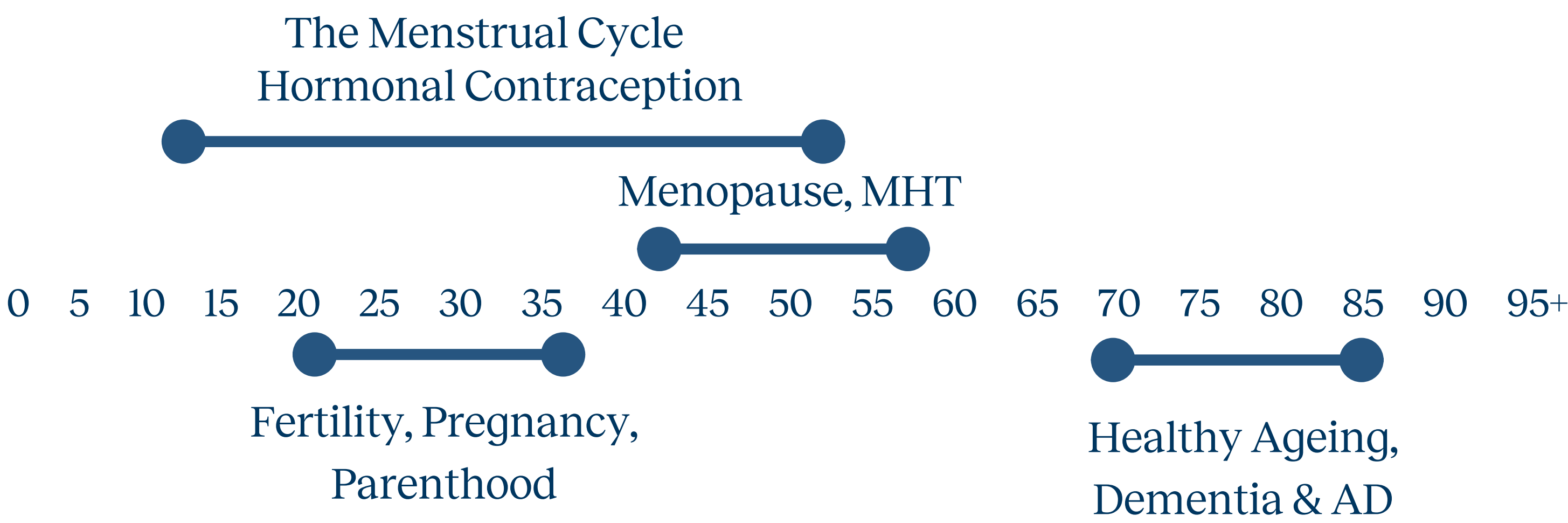


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Currently, there is **no standardised method** to capture a person’s endogenous and exogenous hormonal exposure over their lifespan, representing an urgent need for a universal standard for how the broader research community collects reproductive health history data.



The lack of consistent and comprehensive reproductive health history data **perpetuates a cycle of unanswered and unanswerable questions**, which position the female body and experience as mysterious, complicated, and unknowable.

Pubertal Development
Gender Affirming Care
Menstruation
Reproductive Conditions
Hormonal Contraception
Fertility/ Conception
Pregnancy
Breastfeeding/ Lactation
Parenthood
Grandparenthood
Menopause
Menopausal Hormone Therapy
Reproductive Surgeries
Other Medication
Hormonal Sensitivity

The STANDARD

The first **standardised method** to capture a person’s endogenous and exogenous hormonal exposures over their lifespan

Evidence-Based

The questionnaire is built on collaboration, with input from world leaders and field experts in women’s brain health, capturing key details across the reproductive lifespan, from the menstrual cycle to hormone-based medications, pregnancy and postpartum health, menopause, and more.

Harmonisable

If adopted broadly, this standardised approach could harmonise data collection worldwide, enabling the kind of large-scale, consortium-driven “big data” efforts required to tackle the most pressing and complex questions in women’s brain health.

Inclusive

The STANDARD is designed for use with people of all sexes and genders. Survey flow logic presents each person with relevant questions based on their responses

Gold STANDARD (Long-Form)

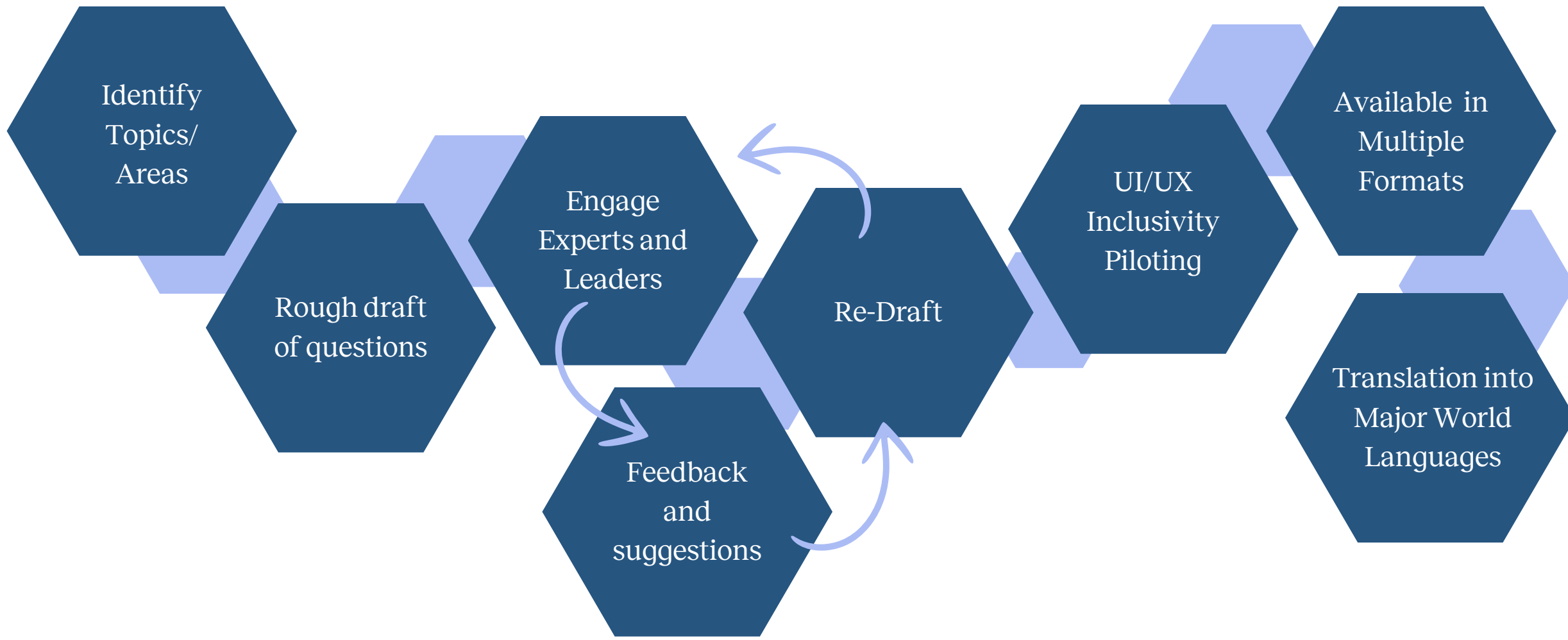
Detailed and thorough version **for researchers with a primary focus on women's health**. These questions will comprise the best practice guidelines, revolutionising the study of women's health across the lifespan.

Minimum STANDARD (Short-Form)

A short-form version **recommended for use by all human neuroimaging studies**. Similar to the collection of other crucial demographic and descriptive features (age, sex/gender, race/ethnicity, etc)

Longitudinal Form

A short-form version of the questionnaire, that can be used for **longitudinal follow-up** of participants over time.



We Want Your Feedback on the STANDARD!

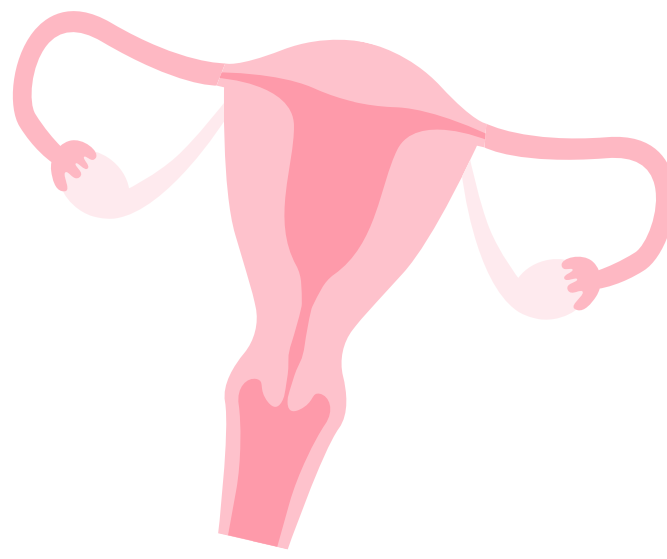
This 5 minute survey includes:

- **Some information about you:** Your career stage, your past experience in reproductive/hormonal health research, your level of interest in reproductive/hormonal health data and specific topics, how you typically use data
- **Specific questions about the STANDARD:** Would you include it in your study? If so, what's the maximum duration, desired format, desired content, and any additional suggestions.
- **Updates and Early Access:** Expression of Interest and contact details for early access when the STANDARD is ready to share.

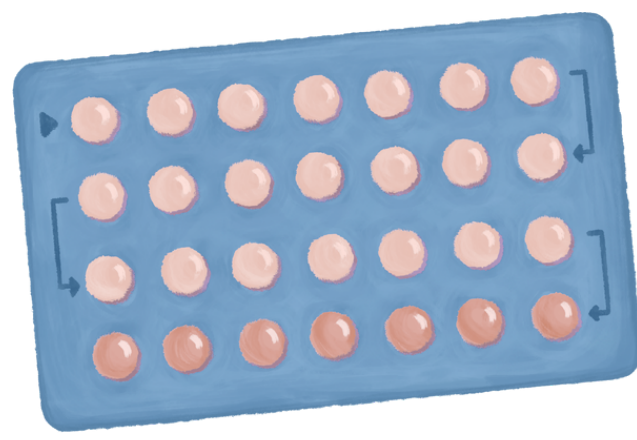
Considerations & Challenges

Ask what you mean - be specific & don't make assumptions

- Assigned female at birth
- ≠ born with a uterus & ovaries
 - ≠ has ever menstruated
 - ≠ currently has a uterus & ovaries
 - ≠ currently cycling

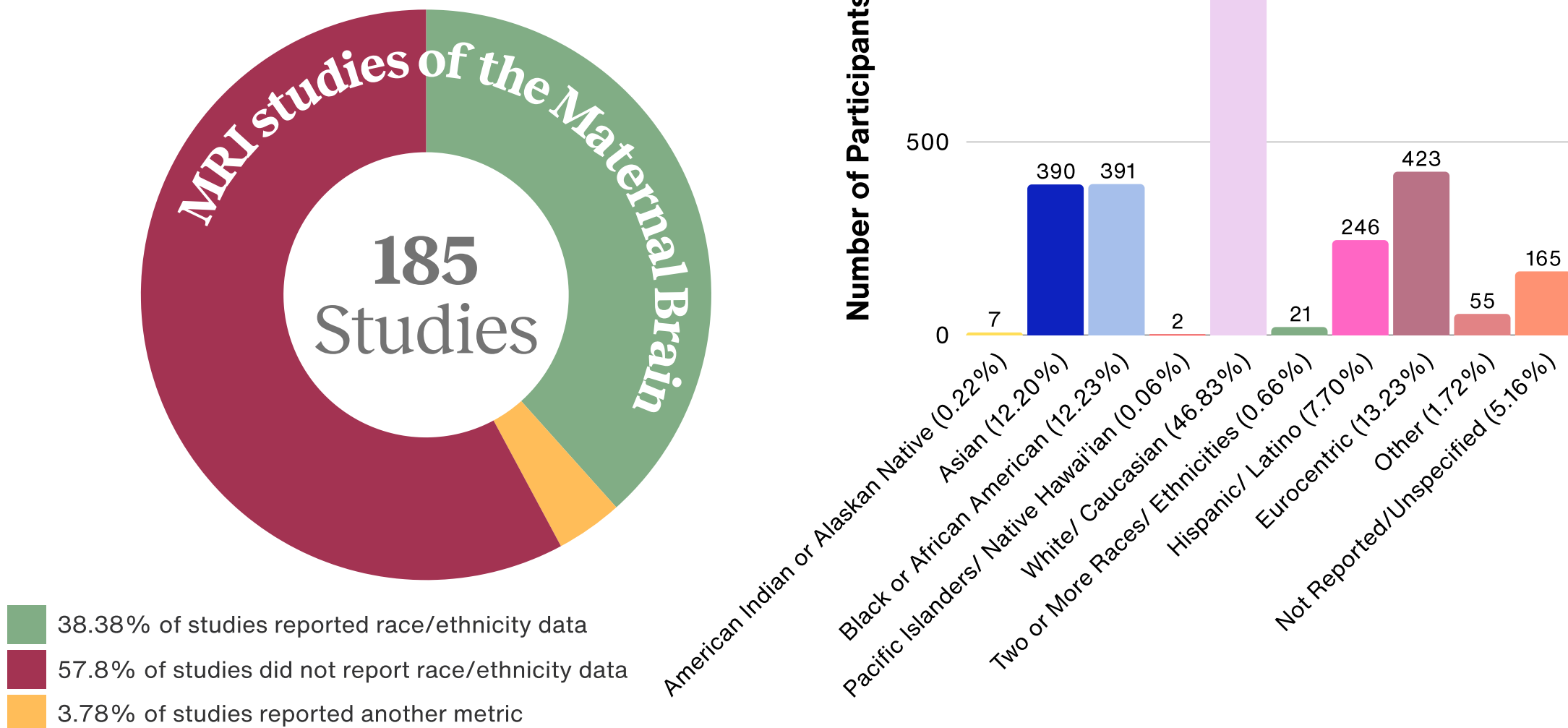


Don't ask questions if you wouldn't analyse the answer



40% of people are inaccurate in reporting the medication they are currently using (Beltz, 2024)

Prioritise Representation



Orchard et al., (2025) Scanning for Representation bioRxiv

Existing Resources:

- Sex, Gender, and Reproductive Organs:** Peters et al., (2023). Improving rigor through gender inclusivity in reproductive psychiatric science. *Comprehensive Psychoneuroendocrinology*.
- Menstrual Cycle:** Schmalenberger et al., (2021). How to study the menstrual cycle: Practical tools and recommendations. *Psychoneuroendocrinology*
- Hormonal Contraception:** Beltz (2024). Hormonal contraceptives and behavior: Updating the potent state of the nascent science. *Hormones and Behavior*
- Staging Menopause:** Harlow, ... & STRAW+ 10 Collaborative Group. (2012). Executive summary of the Stages of Reproductive Aging Workshop+ 10: addressing the unfinished agenda of staging reproductive aging. *Climacteric*

Acknowledgements:

The development of the STANDARD is a deeply collaborative process, only made possible by the active and generous input and feedback of field leaders and experts, including: Adriene Beltz, Ann-Marie de Lange, Claudia Barth, Crystal Schiller, Joshua Buckholtz, Judy Pa, Julia Sacher, Kaitlin Casaletto, Liisa Galea, Neill Epperson, Pauline Maki, Rachel Buckley, Sheila Shanmugan, Susana Carmona, Suzanne Baker, Tory Eisenlohr-Moul.