**FEMALE SPECIFIC BRAIN HEALTH RESEARCH**

**Why are we conducting this study?**

To develop a protocol that can be used in future female specific brain injury research.

The aims of the study are to;

1. Compare salivary levels of sex hormones against those measured in blood
2. Quantify how symptoms change across the menstrual cycle and how these are related to hormone profiles measured in saliva.

**Time commitment:**

All we ask is for 5 to 6 minutes each day for the duration of 3 full menstrual cycles (i.e. up to 105 days)

**What:**

Providing key data:

1. Daily 2 ml saliva samples over three menstrual cycles
2. Daily log of symptoms in the WILD AI menstrual tracking app
3. Three blood samples during the third menstrual cycle

**When:** August-December 2021.

**Cost:** No financial cost to participants. You will receive petrol vouchers as koha.

**Who can you participate?**

Healthy females 16 years or over, with a regular (25-40 day) natural menstrual cycle.

**If you are interested**

Thank-you for considering taking part, if would like to more information, please contact Natalie Hardaker, email: natalie.hardaker@aut.ac.nz, phone +64 027 898 9023

**Approved by the Auckland University of Technology Ethics Committee on** 14 June 2021**, AUTEC Reference number 21/167**

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