



Maastricht University

ERCPN 304_142_12_2025

PARTICIPANTS
WANTED

EMOTION REGULATION
ACROSS THE
MENSTRUAL CYCLE

INTERESTED?



We are looking for:

- People with menstrual cycles (age: 18-40)
- Naturally cycling (no hormonal contraception use)
- Average cycle length (21-34 days)
- Being able to read and understand English

Participation entails:

- One baseline survey
- Brief surveys (1-3 min), 4 times a day
- Duration: 2 menstrual cycles
- Fully online via a smartphone app
- Reward: 7 SONA credits (UM students), no reward (non-UM)
- Responsible researcher: Dr. Eline Haijen-Bongers
- Contact details: fpn-pim_p160@maastrichtuniversity.nl