Supplemental Table 1a: Concerns noted by participants in free list activities and definitions used for coding

Concern	Definition
Themes in all Urinatio	n, Defecation and Menstruation Lists
Fear	Fear when going to urinate/ defecate/ manage menses, whether of animals, ghosts, people, or harsh weather.
Feel Dirty	Concern about feeling or getting dirty when urinating/ defecating/ managing menses.
Health	Concern that health is compromised when urinating/ defecating or in relation to menstruation.
Need Support	Concern unable to urinate/ defecate/ manage menses alone because of need for company or support.
People	Concern of being seen by people when urinating/ defecating/ managing menses or that menstrual materials will be seen.
Shame	Concern of being publically shamed or feeling ashamed if seen by others when urinating/ defecating/ managing menses.
Support Barrier	Concern that someone will not provide support / will get upset if asked to accompany to urinate/ defecate/ manage menses.
Water	Concern getting and carrying water for urinating/ defecating/ managing menses is a great difficulty.
Work	Concern that workload related to urination/ defecation/ menstrual management activities is high.
Themes in Urination a	nd Defecation Lists
Dependents	Concern for well-being of dependents - child, elderly, infirm- when leaving them to urinate/ defecate.
Difficulty-Pain	Concern about pain or difficulty related to urination/ defecation, including general body pain, strain, etc.
Fall	Concern for falling when going to or in the act of urinating/ defecating.
Harm	Concern about being harmed when urinating/ defecating, whether by an animal, person, or environmental conditions.
Incontinence	Concern about the inability to hold urination/ defecation due to physical ailment.
Light	Concern about not having light when urinating/ defecating at night.
Menstruation	Concern about increased difficulty urinating/ defecating at the time of menstruation.
No Proper Facility	Concern that there is not a proper facility for urinating/ defecating available.
Place	Concern the place available and used for urinating/ defecating is problematic, whether dirty, far, hard to access, in the open, etc.
Squat	Concern about having difficulty sitting, squatting, or getting up and down when urinating/ defecating.
Stand	Concern for need to stand up in the middle of urination/ defecation if someone suddenly appears.
Support Others	Concern that there is difficulty providing support to others for their urination/ defecation needs.
Suppress	Concern about the need to suppress because various factors prevent attention to personal needs.
Urgency	Concern about experiencing and sudden, strong urge to urinate/ defecate.
Walk	Concern about walking to the place for urination/ defecation.
Wet	Concern that she will have to get wet when going to urinate/defecate during the rains.

Supplemental Table 1b: Concerns noted by participants in free list activities and definitions used for coding (Continued)

Concern	Definition
Themes in Urination L	ist Only
Infection	Concern for infection if unintentionally urinating over the urine of others.
Limit Water	Concern about the need to limit water in order to reduce need for urination.
Urine Contact	Concern about accidentally touching urine and therefore becoming untouchable or making others untouchable.
Urine On Self	Concern about getting urine on the body because of inability to suppress.
Themes in Defecation I	ist Only
Cleaning Self	Concern about personal cleaning after defecation.
Concern For Others	Concerns for others' safety or needs when defecating, typically their concern for daughters or daughters-in-law.
Defecate On Self	Concern about getting feces on the body because of inability to suppress.
Defecation Time	Concerns about the amount of time defecation takes to complete because location is far, others around, cleaning extensive, etc.
Fixed Time	Concern about having to defecate at a fixed time of day.
Forced Latrine Use	Concern about being forced to use the latrine against will, either all the time or during certain times of day or year.
Future Needs	Concerns about defecating in the future given deteriorating health, inevitable departure of daughters to marriage, etc.
Latrine Conditions	Concern that the conditions of the household latrine are poor.
Latrine Unusable	Concern that the latrine available is unsuitable for defecating.
Limit Food	Concern about the need to limit food in order to reduce need for defecation.
No Money	Concern for lacking money to construct or maintain a latrine.
No Gov. Support	Concern for insufficient support, financial or otherwise, from government to build or maintain a latrine.
Obligations	Concern regarding the need to attend to household obligations or responsibilities to others before tending to defecation needs.
Scold	Concern about being scolded due to defecation behavior (i.e. taking time, going to wrong place, improperly caring for others).

Supplemental Table 1c: Concerns noted by participants in free list activities and definitions used for coding (Continued)

Concern Definition

Themes in Menstruation List Only

Access to Materials Concern about barriers to getting materials wanted /needed.

Bathing Concern about bathing at onset of menstruation, regardless of time of day, night, season. **Changing Cloth** Concern with changing the cloth or pad, whether finding a place, not having privacy, etc.

Disposal Concern about where and how to dispose of menstrual cloths or pads.

Drying Cloth Concerns about where/ how to dry cloth after washing.

Falling Cloth Concern that cloth will fall from clothing.

Fertility Concern about fertility related to menstrual cycle, whether about ability to have children or plan for them due to irregularity.

Forced Separation Concern about the need to 'stay separate' at night until bathing possible due to menstrual onset.

General Discomfort Concern about generally feeling uncomfortable, bad, weak, or irritated because of menstruation.

Heavy Bleeding Concern about heavy menstrual flow.

Household Duties Concern about ability to effectively perform household work during menstruation.

IrregularityConcern about not having a regular menstrual cycle.LeaksConcern for menstrual leaks on cloths, bed, etc.

Mobility Concern about inability to move freely during menstruation, because of cloth, pad, restrictions, discomfort, etc.

Odor Concern that body, cloth or clothes is generating a bad odor.

Pain Concern about pain, whether in the head, stomach, legs, back or hands.

Restrictions Concern for restrictions or requirements that are imposed because menstruation.

Sleep Concern about inability to sleep well during menstruation.

Start when Away Concern that menstrual cycle will start when away from home.

Storing Cloth Concern about storing the reusable menstrual cloth between uses.

UntouchabilityConcern about being untouchable, making things untouchable, or others touching things made untouchable by menstruation.

Urination Concern with urinating during menstruation.

Washing Cloth Concern with washing cloths used to absorb menstrual blood.

Wounds Concern about getting wounds on legs from their menstrual pads or cloths.

Supplemental Table 2: Type and frequency of urination-related concerns overall, and by participant type and latrine status

Concern	All				1. Unmarried (UM)		2. Recently Married (RM)		3. Married (M)		4. Older Woman (OW)		Latrine At Home		No Latrine At Home	
	N=63		n=15		n=11		n=21		n=16		n=34		n=29			
Place	47	74.6%	11	73.3%	10	90.9%	14	66.7%	12	75.0%	25	73.5%	22	75.9%		
People	42	66.7%	14	93.3%	6	54.5%	12	57.1%	10	62.5%	22	64.7%	20	69.0%		
Fear	40	63.5%	13	86.7%	10	90.9%	10	47.6%	7	43.8%	22	64.7%	17	58.6%		
Need Support	26	41.3%	10	66.7%	5	45.5%	7	33.3%	4	25.0%	14	41.2%	12	41.4%		
Wet	21	33.3%	9	60.0%	3	27.3%	4	19.0%	5	31.3%	9	26.5%	12	41.4%		
Squat	21	33.3%	0	0.0%	3	27.3%	6	28.6%	12	75.0%	13	38.2%	8	27.6%		
Urine Infection	19	30.2%	6	40.0%	4	36.4%	6	28.6%	3	18.8%	10	29.4%	9	31.0%		
Get Dirty	17	27.0%	9	60.0%	3	27.3%	4	19.0%	1	6.3%	8	23.5%	9	31.0%		
Suppress	16	25.4%	5	33.3%	5	45.5%	3	14.3%	3	18.8%	11	32.4%	5	17.2%		
Work	12	19.0%	5	33.3%	1	9.1%	4	19.0%	2	12.5%	4	11.8%	8	27.6%		
No Proper Facility	11	17.5%	4	26.7%	3	27.3%	1	4.8%	3	18.8%	5	14.7%	6	20.7%		
Shame	10	15.9%	6	40.0%	0	0.0%	3	14.3%	1	6.3%	6	17.6%	4	13.8%		
Support Others	9	14.3%	3	20.0%	0	0.0%	3	14.3%	3	18.8%	5	14.7%	4	13.8%		
Walk	9	14.3%	0	0.0%	1	9.1%	3	14.3%	5	31.3%	3	8.8%	6	20.7%		
Support Barrier	8	12.7%	5	33.3%	0	0.0%	3	14.3%	0	0.0%	2	5.9%	6	20.7%		
Stand	8	12.7%	5	33.3%	1	9.1%	1	4.8%	1	6.3%	4	11.8%	4	13.8%		
Urine On Self	8	12.7%	3	20.0%	1	9.1%	2	9.5%	2	12.5%	3	8.8%	5	17.2%		
Dependents	7	11.1%	2	13.3%	2	18.2%	2	9.5%	1	6.3%	4	11.8%	3	10.3%		
Urine Contact	6	9.5%	1	6.7%	0	0.0%	3	14.3%	2	12.5%	1	2.9%	5	17.2%		
Harm	5	7.9%	1	6.7%	0	0.0%	1	4.8%	3	18.8%	1	2.9%	4	13.8%		
Urgency	4	6.3%	0	0.0%	0	0.0%	2	9.5%	2	12.5%	1	2.9%	3	10.3%		
Incontinence	4	6.3%	0	0.0%	0	0.0%	2	9.5%	2	12.5%	2	5.9%	2	6.9%		
Menstruation	4	6.3%	2	13.3%	0	0.0%	1	4.8%	1	6.3%	3	8.8%	1	3.4%		
Fall	4	6.3%	1	6.7%	2	18.2%	0	0.0%	1	6.3%	2	5.9%	2	6.9%		
Health	4	6.3%	2	13.3%	0	0.0%	0	0.0%	2	12.5%	1	2.9%	3	10.3%		
Difficulty-Pain	4	6.3%	0	0.0%	1	9.1%	2	9.5%	1	6.3%	4	11.8%	0	0.0%		
Water	3	4.8%	0	0.0%	2	18.2%	0	0.0%	1	6.3%	2	5.9%	1	3.4%		

Only one respondent mentioned each of the following concerns: Limit Water (RM); Light (RM).

Six women did not indicate any concerns related to urination: 1 UM, 1 RM, 1 M, and 3 OW; 3 have latrines and 3 do not.

Supplemental Table 3: Type and frequency of defecation-related concerns overall, and by participant type and latrine status

Concern	All		1. Unmarried (UM)		2. Recently Married (RM)		3. Married (M) n=21		4. Older Woman (OW) n=19		Latrine At Home n=33		No Latrine At Home n=31	
	N=65		n=14		n=11									
Place	47	72.3%	10	71.4%	8	72.7%	15	71.4%	14	73.7%	17	51.5%	30	96.8%
Fear	36	55.4%	10	71.4%	5	45.5%	12	57.1%	9	47.4%	16	48.5%	20	64.5%
Need Support	33	50.8%	5	35.7%	6	54.5%	13	61.9%	9	47.4%	16	48.5%	17	54.8%
People	27	41.5%	9	64.3%	5	45.5%	7	33.3%	6	31.6%	8	24.2%	19	61.3%
No Proper Facility	23	35.4%	3	21.4%	3	27.3%	10	47.6%	7	36.8%	1	3.0%	22	71.0%
Get Dirty	21	32.3%	5	35.7%	5	45.5%	6	28.6%	5	26.3%	6	18.2%	15	48.4%
Support Others	20	30.8%	3	21.4%	3	27.3%	4	19.0%	10	52.6%	9	27.3%	11	35.5%
Water	18	27.7%	3	21.4%	3	27.3%	7	33.3%	4	21.1%	12	36.4%	6	19.4%
Walk	17	26.2%	1	7.1%	1	9.1%	5	23.8%	9	47.4%	6	18.2%	11	35.5%
Suppress	15	23.1%	6	42.9%	2	18.2%	5	23.8%	2	10.5%	6	18.2%	9	29.0%
Dependents	14	21.5%	2	14.3%	3	27.3%	5	23.8%	4	21.1%	8	24.2%	6	19.4%
Health	13	20.0%	5	35.7%	1	9.1%	4	19.0%	3	15.8%	5	15.2%	8	25.8%
Squat	13	20.0%	0	0.0%	2	18.2%	6	28.6%	5	26.3%	8	24.2%	5	16.1%
Support Barrier	13	20.0%	4	28.6%	2	18.2%	4	19.0%	3	15.8%	6	18.2%	7	22.6%
Wet	13	20.0%	5	35.7%	2	18.2%	2	9.5%	4	21.1%	6	18.2%	7	22.6%
Shame	12	18.5%	6	42.9%	1	9.1%	3	14.3%	2	10.5%	4	12.1%	8	25.8%
Latrine Conditions	11	16.9%	1	7.1%	5	45.5%	3	14.3%	2	10.5%	10	30.3%	1	3.2%
Obligations	11	16.9%	4	28.6%	0	0.0%	6	28.6%	1	5.3%	5	15.2%	6	19.4%
Urgency	10	15.4%	3	21.4%	0	0.0%	4	19.0%	3	15.8%	2	6.1%	8	25.8%
Latrine Unusable	10	15.4%	1	7.1%	3	27.3%	3	14.3%	3	15.8%	10	30.3%	0	0.0%
Work	9	13.8%	0	0.0%	1	9.1%	5	23.8%	3	15.8%	4	12.1%	5	16.1%
Harm	8	12.3%	2	14.3%	0	0.0%	5	23.8%	1	5.3%	1	3.0%	7	22.6%
Fall	7	10.8%	0	0.0%	1	9.1%	2	9.5%	4	21.1%	1	3.0%	6	19.4%
Stand	7	10.8%	2	14.3%	2	18.2%	0	0.0%	3	15.8%	0	0.0%	7	22.6%
Defecation Time	6	9.2%	2	14.3%	1	9.1%	3	14.3%	0	0.0%	3	9.1%	3	9.7%
Difficulty-Pain	6	9.2%	0	0.0%	0	0.0%	3	14.3%	3	15.8%	3	9.1%	3	9.7%
No Money	5	7.7%	0	0.0%	1	9.1%	3	14.3%	1	5.3%	1	3.0%	4	12.9%
Scold	5	7.7%	1	7.1%	0	0.0%	3	14.3%	1	5.3%	0	0.0%	5	16.1%
Cleaning Self	4	6.2%	0	0.0%	0	0.0%	2	9.5%	2	10.5%	2	6.1%	2	6.5%
Forced Latrine Use	4	6.2%	1	7.1%	3	27.3%	0	0.0%	0	0.0%	4	12.1%	0	0.0%
Defecate On Self	3	4.6%	1	7.1%	0	0.0%	2	9.5%	0	0.0%	1	3.0%	2	6.5%
Limit Food	3	4.6%	0	0.0%	0	0.0%	3	14.3%	0	0.0%	0	0.0%	3	9.7%

Only two respondents mentioned each of the following concerns: Concern For Others (1 M, 1 OW); Fixed Time (2 RM); Light (2 RM); Future Needs (1 M, 1 OW).

Only one respondent mentioned each of the following concerns: No Support (M); Incontinence (M); Menstruation (OW).

Four women did not indicate any concerns related to defecation 2 UM, 1 RM, and 1 M; All 4 have latrines.

Supplemental Table 4: Type and frequency of menstruation-related concerns overall, by participant type, and latrine status

Concern	All N=67		1. Unmarried (UM) n=16		N	2. Recently Married (RM) n=12		3. Married (M) n=21		4. Older Woman (OW) n=18		Latrine At Home n=37		No Latrine At Home n=30	
Bathing	35	52.2%	12	75.0%	7	58.3%	13	61.9%	3	16.7%	19	51.4%	16	53.3%	
Washing Cloth	34	50.7%	8	50.0%	8	66.7%	9	42.9%	9	50.0%	19	51.4%	16	53.3%	
Drying Cloth	31	46.3%	10	62.5%	3	25.0%	11	52.4%	7	38.9%	16	43.2%	15	50.0%	
General Discomfort	29	43.3%	11	68.8%	2	16.7%	7	33.3%	10	55.6%	12	32.4%	17	56.7%	
People	25	37.3%	8	50.0%	4	33.3%	7	33.3%	6	33.3%	13	35.1%	12	40.0%	
Pain	23	34.3%	8	50.0%	4	33.3%	7	33.3%	6	33.3%	13	35.1%	12	40.0%	
Feel Dirty	20	29.9%	8	50.0%	4	33.3%	3	14.3%	5	27.8%	9	24.3%	11	36.7%	
Restrictions	20	29.9%	7	43.8%	3	25.0%	6	28.6%	4	22.2%	13	35.1%	7	23.3%	
Irregularity	18	26.9%	4	25.0%	6	50.0%	6	28.6%	2	11.1%	14	37.8%	4	13.3%	
Need Support	15	22.4%	4	25.0%	2	16.7%	7	33.3%	2	11.1%	10	27.0%	5	16.7%	
Work	13	19.4%	1	6.3%	3	25.0%	5	23.8%	4	22.2%	4	10.8%	9	30.0%	
Wounds	13	19.4%	3	18.8%	2	16.7%	5	23.8%	3	16.7%	6	16.2%	7	23.3%	
Leaks	12	17.9%	3	18.8%	2	16.7%	4	19.0%	3	16.7%	7	18.9%	5	16.7%	
Obligations	12	17.9%	2	12.5%	1	8.3%	4	19.0%	5	27.8%	4	10.8%	8	26.7%	
Water	12	17.9%	4	25.0%	4	33.3%	2	9.5%	2	11.1%	6	16.2%	6	20.0%	
Forced Separation	11	16.4%	2	12.5%	2	16.7%	4	19.0%	3	16.7%	5	13.5%	6	20.0%	
Access to Materials	10	14.9%	5	31.3%	4	33.3%	1	4.8%	0	0.0%	8	21.6%	2	6.7%	
Shame	8	11.9%	2	12.5%	2	16.7%	3	14.3%	1	5.6%	5	13.5%	3	10.0%	
Constrained Mobility	7	10.4%	1	6.3%	4	33.3%	2	9.5%	0	0.0%	4	10.8%	3	10.0%	
Heavy Bleeding	7	10.4%	1	6.3%	0	0.0%	3	14.3%	3	16.7%	2	5.4%	5	16.7%	
Health	6	9.0%	1	6.3%	3	25.0%	1	4.8%	1	5.6%	5	13.5%	1	3.3%	
Odor	6	9.0%	2	12.5%	0	0.0%	2	9.5%	2	11.1%	2	5.4%	4	13.3%	
Disposal	5	7.5%	1	6.3%	3	25.0%	1	4.8%	0	0.0%	4	10.8%	1	3.3%	
Untouchability	5	7.5%	1	6.3%	1	8.3%	2	9.5%	1	5.6%	2	5.4%	3	10.0%	
Changing Cloth	4	6.0%	2	12.5%	2	16.7%	0	0.0%	0	0.0%	3	8.1%	1	3.3%	
Sleep	4	6.0%	0	0.0%	0	0.0%	3	14.3%	1	5.6%	2	5.4%	2	6.7%	
Support Barrier	4	6.0%	2	12.5%	0	0.0%	2	9.5%	0	0.0%	4	10.8%	0	0.0%	

Only three respondents mentioned each of the following concerns: Fear (2 UM, 1 RM); Fertility (1 RM, 2 M); Storing Cloth (1 UM, 1 RM, 1 OW). Only two respondents mentioned each of the following concerns: Falling Cloth (1 UM, 1 RM); Start when Away (1 UM, 1 M); Urination (1 UM, 1 M). Two women did not indicate any concerns related to menstruation: 1 M and 1 OW; neither have latrines.