Psychosocial factors focus on the potential impact of menstruation on psychological and social well-being. Important factors that might impact psychosocial wellness include individual normative and societal expectations, such as internalized menstrual stigma and negative attitudes towards menarche and menstruation; gender norms along with social and descriptive norms (such as restrictions during menstruation, expectations of cleanliness); access to social support, such as the provision (or lack thereof) of emotional and practical support, advice, assistance in providing resources, teasing and bullying and girls’ perceived support; self-efficacy for MHH tasks; experienced distress and shame; menstrual-related pain and other health issues, and resource provision. The experience of MHH, and the WASH, education and psychosocial environments in turn may have impacts on participation in school and other activities of daily living and societal engagement. Overall, menstruation may have impacts on mental health and well-being, including psychological, emotional, and social well-being, and participation in other activities of daily living and social engagement.
An analysis was conducted to examine if and how MHH monitoring and evaluation efforts contribute or could contribute to the priorities within each of the five areas, and to map out where connections or overlaps exist. The top three priorities were psychological distress, wellbeing, and stigma.

Missing measures, or those in need of further development, were also identified. This included self-efficacy and stress related to menstruation of girls in school (efforts for the former are underway); and measures of received and perceived social support may be advantageous in understanding the contribution of support to MHH and outcomes, as may improved assessment of social norms and restrictions and the ways in which these contribute to MHH.

In addition, menstruation and MHH were identified as relevant to achieving the following Psychosocial Health-related Standard Development Goals (SDG): SDG3 (good health and well-being).