CyMe [si:][mi:] – Toward a Research-Ready Women's Health Data Infrastructure

Gian Senpinar[1], **Chenxi Jia**[1], **Larissa Moser-Chee**[1], Prof. Dr. **Marcia Nißen**[1,2,3,4]
[1]University of Zurich, [2]University of St.Gallen, [3]ETH Zurich, [4]Ostschweizer Fachhochschule
Centre for Digital Health Interventions (University of Zurich • ETH Zurich • University of St. Gallen)

1 Problem

- Menstrual, perimenopausal, and hormonal data are fragmented and inconsistently measured
- Most apps prioritize personal tracking over: Standardised variables, interoperable exports, or robust consent lineage
- Result: Researchers lack longitudinal, contextualised datasets that are ethically reusable and comparable

2 Research Question

How can a menstrual and symptom-tracking platform be designed and governed to:

- Generate research-grade, ethically reusable data
- Serve clinician and researcher needs across the life course
- Support irregular cycles, perimenopause, and diverse experiences

3 Method & Sample Characteristics

- **Participants**: ≥18, medical/health professionals, English-speaking. N = 127 individuals from Switzerland.
- **Instrument**: ~20-minute online questionnaire

Average Age
40 ± 11 years (SD = 11, Median = 39)

Field of Work
Healthcare, education, research, medical science

Gender
70% identify as women

Role
60% in supervisory or leadership positions

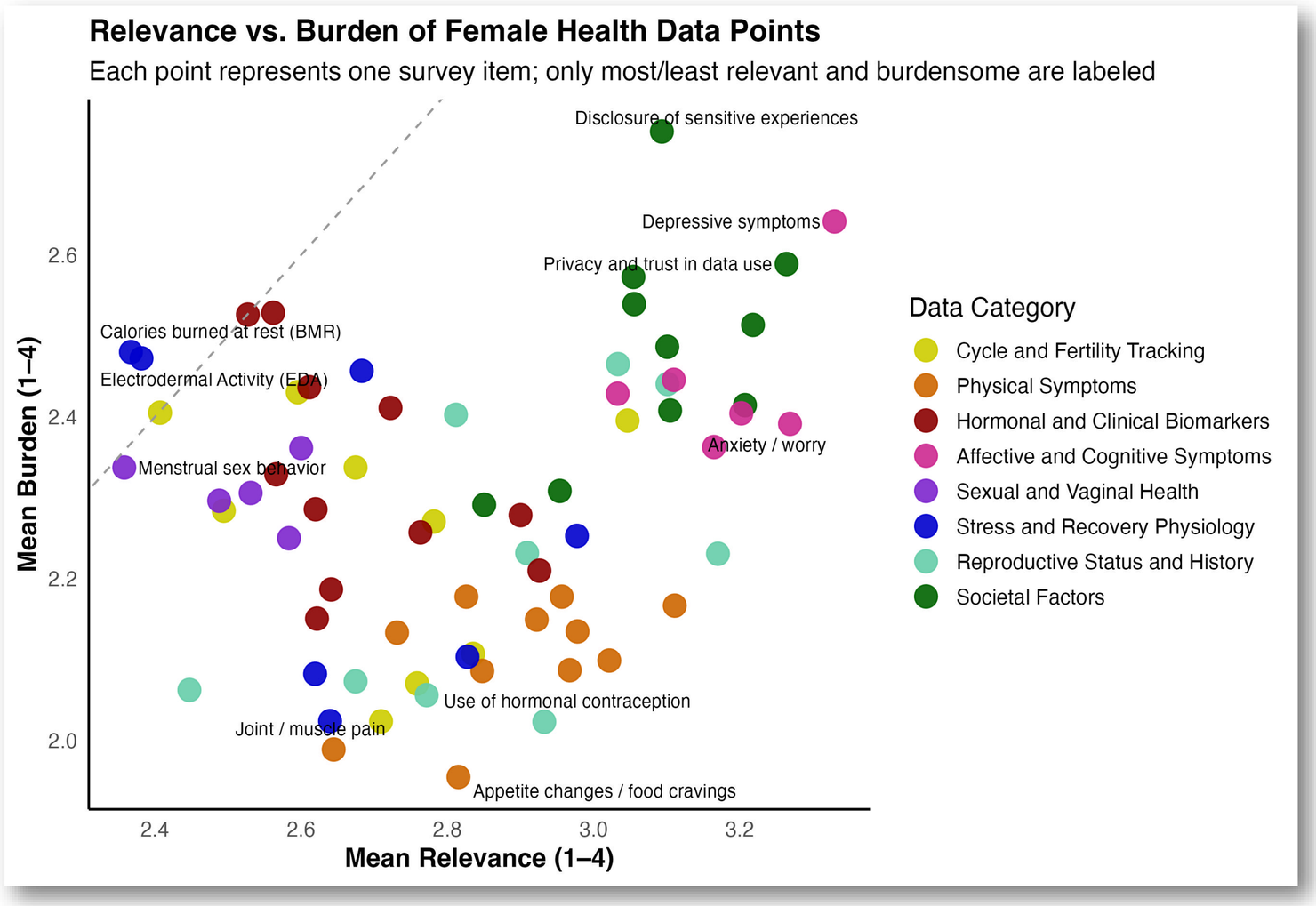
Awareness female health gap

Most agreed: **"Addressing sex- and gender-specific differences in health research will improve the quality of outcomes in my field.**

Most disagreed: "**Until recently, I had not considered women's health or cycle-related data in my research."**

high awareness and motivation to address gender-specific differences

4. Results



«The challenge is the limited availability of large, high-quality, anonymized datasets focused on female-specific health factors.»

«One big challenge is that female-specific health data is often fragmented, inconsistent or locked inside proprietary platforms that don't share openly. It's also hard to ensure the data reflects diverse experiences — especially for people with irregular cycles or from underrepresented communities.»

«As a researcher and clinician, it's highly relevant in both fields — lack of research leads to lack of knowledge in practice.»

5. Main Insights

- **Psychosocial & societal dimensions** are rated most relevant (e.g., stigma, anxiety, privacy)
- These same dimensions are also most burdensome to assess
- Across all categories, **relevance exceeds burden**, indicating strong motivation despite challenges
- Researchers show high **awareness and motivation** to address gender-specific gaps

References

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