

	Please select only one option for each item.	Never(1)	Rarely(2)	Sometimes(3)	Most of the times(4)	Always(5)
1	I can get information by reading books and magazines in sexual and reproductive health issues(such as puberty, pregnancy and childbirth, family planning, women's diseases, sexual relations...).					
2	I can search for information about sexual and reproductive health through the Internet (websites and channels and virtual pages).					
3	I can get sexual and reproductive health information through radio and television programs.					
4	I can get sexual and reproductive health information from health workers (such as doctors and midwives).					
5	I can get information about sexual and reproductive health through knowledgeable friends and acquaintances.					
6	If necessary, I obtain information about the anatomy and physiology of the components of the female reproductive					

	system from various sources.					
7	If necessary, I obtain information about puberty changes from various sources.					
8	If needed, I get information about menstrual hygiene from various sources.					
9	I get information about premarital counseling and tests from various sources.					
10	I get the information which need about pre conceptional tests and preparations for pregnancy from various sources.					
11	I get information about pregnancy related matters (nutrition, common problems, risk factors signs, tests, etc.) from various sources.					
12	I get the information which need in the field of normal vaginal delivery or caesarean section from different sources.					
13	I get the information which need to breastfeed my baby from different sources.					
14	I get the necessary information about postpartum problems from various sources.					

15	In order to choose the right method of contraception, I get information from different sources.					
16	In case of Women's diseases (such as genital tract infection, etc.), I get information from different sources.					
17	I get information about women's cancer screening (breast exam, mammography and pap smear...) from different sources.					
18	If necessary, I get appropriate information about menopause from different sources.					
19	I obtain information about sexual activity from reliable sources.					
20	In case of sexual problems, I can get information from different sources.					
21	If needed, I get information about sexually transmitted diseases from different sources.					
22	I understand sexual and reproductive health information from books, pamphlets, and websites.					
23	I understand the sexual and reproductive health					

	information broadcast on radio and television.					
24	I understand the sexual and reproductive health information given to me by health professionals (such as doctors and midwives).					
25	I can compare sexual and reproductive health information from different sources.					
26	If there is different and contradictory information about a subject, I consult knowledgeable people if necessary.					
27	I evaluate the correctness and accuracy of the information obtained from various sources regarding sexual and reproductive health.					
28	I apply the correct information obtained in the field of fertility in life.					
29	I have active daily life to maintain and improve my sexual and reproductive health.					
30	I get enough sleep and rest to maintain and promote my					

	sexual and reproductive health.					
31	I eat enough from all food groups to maintain my sexual and reproductive health.					
32	I do age-appropriate medical examinations and tests to maintain my health.					
33	If I have a problem or disease in the field of fertility and sex, I will make a decision about taking the appropriate action using the information obtained.					
34	Before pregnancy, I go to health centers or doctors or midwives to check my physical condition and take the necessary measures.					
35	I use the supplements and medicines needed for pregnancy at the right time.					
36	I refer to suitable medical centers when there are risk factors in pregnancy.					
37	I perform screenings for common women's cancers (annual breast exam, mammography at age 40 and older, pap smear, etc.).					
38	I talk to my wife about sex when necessary.					

39	If there is a sexual problem, I will take action to solve it.					
40	If there is a sexual problem, I go to a counselor if necessary.					

Appandix1. Sexual and reproductive health literacy(SRHEL) measurement tool