

Project Luna



Short Name

Project Luna

Formal Name

Luna - the experiential landscape of a menstrual cycle

Contact Person

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Institution/Organisation

University of Ljubljana, Faculty of Education, Center for Cognitive Science

Website

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Citizen scientists in Project Luna bridge the gap between research and lived experiences of menstrual cycles.



Summary

Project Luna explores the lived experiences of menstrual cycles using Experience Sampling Methodology (ESM). Citizen scientists collect real-time data on their momentary experiences, report daily reflections, and investigate their experiential landscape through personal research questions. This innovative approach aims to comprehensively understand the dynamic changes throughout the menstrual cycle, providing valuable insights into how these fluctuations can both negatively and positively impact wellbeing and daily life. By examining experiential dimensions such as openness, self-confidence, affect, and relationship dynamics, the project enhances self-knowledge among citizen scientists, empowering them to be more insightful about their lived experiences throughout the cycle. Additionally, we advocate for informed policies that recognize and accommodate the natural variations experienced by individuals. Project Luna seeks to bridge the gap between scientific knowledge and societal practices, fostering a community with an open and compassionate attitude towards diverse experiential landscapes.