Vulvar Pain Functional Questionnaire

These are statements about how your pelvic pain affects your everyday life. Please check one box for each item below, choosing the one that best describes your situation. Some of the statements deal with personal subjects. These statements are included because they will help your health care provider design the best treatment for you and measure your progress during treatment. Your responses will be kept completely confidential at all times.

1. Because of my pelvic pain
   ____ I can't wear tight-fitting clothing like pantyhose that puts any pressure over my painful area.
   ____ I can wear closer fitting clothing as long as it only puts a little bit of pressure over my painful area.
   ____ I can wear whatever I like most of the time, but every now and then I feel pelvic pain caused by pressure from my clothing.
   ____ I can wear whatever I like; I never have pelvic pain because of clothing.

2. My pelvic pain
   ____ Gets worse when I walk, so I can only walk far enough to move around in my house, no further.
   ____ Gets worse when I walk. I can walk a short distance outside the house, but it is very painful to walk far enough to get a full load of groceries in a grocery store.
   ____ Gets a little worse when I walk. I can walk far enough to do my errands, like grocery shopping, but it would be very painful to walk longer distances for fun or exercise.
   ____ My pain does not get worse with walking; I can walk as far as I want to.
   ____ I have a hard time walking because of another medical problem, but pelvic pain doesn't make it hard to walk.

3. My pelvic pain
   ____ Gets worse when I sit, so it hurts too much to sit any longer than 30 minutes at a time.
   ____ Gets worse when I sit. I can sit for longer than 30 minutes at a time, but it is so painful that it is difficult to do my job or sit long enough to watch a movie.
   ____ Occasionally gets worse when I sit, but most of the time sitting is comfortable.
   ____ My pain does not get worse with sitting, I can sit as long as I want to.
I have trouble sitting for very long because of another medical problem, but pelvic pain doesn’t make it hard to sit.

4. Because of pain pills I take for my pelvic pain
   - I am sleepy and I have trouble concentrating at work or while I do housework.
   - I can concentrate just enough to do my work, but I can’t do more, like go out in the evenings.
   - I can do all of my work, and go out in the evening if I want, but I feel out of sorts.
   - I don’t have any problems with the pills that I take for pelvic pain.
   - I don’t take pain pills for my pelvic pain.

5. Because of my pelvic pain
   - I have very bad pain when I try to have a bowel movement, and it keeps hurting for at least 5 minutes after I am finished.
   - It hurts when I try to have a bowel movement, but the pain goes away when I am finished.
   - Most of the time it does not hurt when I have a bowel movement, but every now and then it does.
   - It never hurts from my pelvic pain when I have a bowel movement.
6. Because of my pelvic pain
   ____ I don’t get together with my friends or go out to parties or events.
   ____ I only get together with my friends or go out to parties or events every now and then.
   ____ I usually will go out with friends or to events if I want to, but every now and then I don’t
   because of the pain.
   ____ I get together with friends or go to events whenever I want, pelvic pain does not get in the
   way.

7. Because of my pelvic pain
   ____ I can’t stand for the doctor to insert the speculum when I go to the gynecologist.
   ____ I can stand it when the doctor inserts the speculum if they are very careful, but most of the
   time it really hurts.
   ____ It usually doesn’t hurt when the doctor inserts the speculum, but every now and then it
   does hurt.
   ____ It never hurts for the doctor to insert the speculum when I go to the gynecologist.

8. Because of my pelvic pain
   ____ I cannot use tampons at all, because they make my pain much worse.
   ____ I can only use tampons if I put them in very carefully.
   ____ It usually doesn’t hurt to use tampons, but occasionally it does hurt.
   ____ It never hurts to use tampons.
   ____ This question doesn’t apply to me, because I don’t need to use tampons, or I wouldn’t
   choose to use them whether they hurt or not.

9. Because of my pelvic pain
   ____ I can’t let my partner put a finger or penis in my vagina during sex at all.
   ____ My partner can put a finger or penis in my vagina very carefully, but it still hurts.
   ____ It usually doesn’t hurt if my partner puts a finger or penis in my vagina, but every now and
   then it does hurt.
   ____ It doesn’t hurt to have my partner put a finger or penis in my vagina at all.
   ____ This question does not apply to me because I don’t have a sexual partner.
   ____ Specifically, I won’t get involved with a partner because I worry about pelvic pain during
   sex.

10. Because of my pelvic pain
    ____ It hurts too much for my partner to touch me sexually even if the touching doesn’t go in my
        vagina.
    ____ My partner can touch me sexually outside the vagina if we are very careful
    ____ It doesn’t usually hurt for my partner to touch me sexually outside the vagina, but every
        now and then it does hurt
    ____ It never hurts for my partner to touch me sexually outside the vagina
    ____ This question does not apply to me because I don’t have a sexual partner.
    ____ Specifically, I won’t get involved with a partner because I worry about pelvic pain during
        sex.

11. Because of my pelvic pain
    ____ It is too painful to touch myself for sexual pleasure.
    ____ I can touch myself for sexual pleasure if I am very careful.
    ____ It usually doesn’t hurt to touch myself for sexual pleasure, but every now and then it does
        hurt.
    ____ It never hurts to touch myself for sexual pleasure.
    ____ I don’t touch myself for sexual pleasure, but that is by choice, not because of pelvic pain.
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