



## VULVAR PAIN FUNCTIONAL QUESTIONNAIRE

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1 Because of my pelvic pain

- <sub>3</sub> I can't wear tight-fitting clothing like pantyhose that puts any pressure over my painful area.
- <sub>2</sub> I can wear closer fitting clothing as long as it only puts a little bit of pressure over my painful area.
- <sub>1</sub> 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.
- <sub>0</sub> I can wear whatever I like ; I never have pelvic pain because of clothing.

### 2 My pelvic pain

- <sub>3</sub> Gets worse when I walk, so I can only walk far enough to move around in my house, no further.
- <sub>2</sub> 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.
- <sub>1</sub> 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.
- <sub>0</sub> My pain does not get worse with walking; I can walk as far as I want to.
- <sub>0</sub> 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

- <sub>3</sub> Gets worse when I sit, so it hurts too much to sit any longer than 30 minutes at a time.
- <sub>2</sub> 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.
- <sub>1</sub> Occasionally gets worse when I sit, but most of the time sitting is comfortable.
- <sub>0</sub> My pain does not get worse with sitting, I can sit as long as I want to.
- <sub>0</sub> 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

- <sub>3</sub> I am sleepy and I have trouble concentrating at work or while I do housework.
- <sub>2</sub> I can concentrate just enough to do my work, but I can't do more, like go out in the evenings.
- <sub>1</sub> I can do all of my work, and go out in the evening if I want, but I feel out of sorts.
- <sub>0</sub> I don't have any problems with the pills that I take for pelvic pain.
- <sub>0</sub> I don't take pain pills for my pelvic pain.

Name: \_\_\_\_\_

Vulvar Pain Functional Questionnaire Con't.

5 Because of my pelvic pain

- <sub>3</sub> 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.
- <sub>2</sub> It hurts when I try to have a bowel movement, but the pain goes away when I am finished.
- <sub>1</sub> Most of the time it does not hurt when I have a bowel movement, but every now and then it does.
- <sub>0</sub> It never hurts from my pelvic pain when I have a bowel movement.

6 Because of my pelvic pain

- <sub>3</sub> I don't get together with my friends or go out to parties or events.
- <sub>2</sub> I only get together with my friends or go out to parties or events every now and then.
- <sub>1</sub> 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.
- <sub>0</sub> 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

- <sub>3</sub> I can't stand for the doctor to insert the speculum when I go to the gynecologist.
- <sub>2</sub> I can stand it when the doctor inserts the speculum if they are very careful, but most of the time it really hurts.
- <sub>1</sub> It usually doesn't hurt when the doctor inserts the speculum, but every now and then it does hurt.
- <sub>0</sub> It never hurts for the doctor to insert the speculum when I go to the gynecologist.

8 Because of my pelvic pain

- <sub>3</sub> I cannot use tampons at all, because they make my pain much worse.
- <sub>2</sub> I can only use tampons if I put them in very carefully.
- <sub>1</sub> It usually doesn't hurt to use tampons, but occasionally it does hurt.
- <sub>0</sub> It never hurts to use tampons.
- <sub>0</sub> 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

- <sub>3</sub> I can't let my partner put a finger or penis in my vagina during sex at all.
- <sub>2</sub> My partner can put a finger or penis in my vagina very carefully, but it still hurts.
- <sub>1</sub> It usually doesn't hurt if my partner puts a finger or penis in my vagina, but every now and then it does hurt.
- <sub>0</sub> It doesn't hurt to have my partner put a finger or penis in my vagina at all.
- <sub>0</sub> This question does not apply to me because I don't have a sexual partner.
- <sub>0</sub> Specifically, I won't get involved with a partner because I worry about pelvic pain during sex.

Name: \_\_\_\_\_

Vulvar Pain Functional Questionnaire Con't.

10 Because of my pelvic pain

- <sub>3</sub> It hurts too much for my partner to touch me sexually even if the touching doesn't go in my vagina.
- <sub>2</sub> My partner can touch me sexually outside the vagina if we are very careful.
- <sub>1</sub> It doesn't usually hurt for my partner to touch me sexually outside the vagina, but every now and then it does hurt.
- <sub>0</sub> It never hurts for my partner to touch me sexually outside the vagina.
- <sub>0</sub> This question does not apply to me because I don't have a sexual partner.
- <sub>0</sub> Specifically, I won't get involved with a partner because I worry about pelvic pain during sex.

11 Because of my pelvic pain

- <sub>3</sub> It is too painful to touch myself for sexual pleasure.
- <sub>2</sub> I can touch myself for sexual pleasure if I am very careful.
- <sub>1</sub> It usually doesn't hurt to touch myself for sexual pleasure, but every now and then it does hurt.
- <sub>0</sub> It never hurts to touch myself for sexual pleasure.
- <sub>0</sub> I don't touch myself for sexual pleasure, but that is by choice, not because of pelvic pain.

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