

Vulvar Pain Functional Questionnaire

Because of my pelvic pain

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

Because of my pelvic pain

- 3 - Gets worse when I walk, so I can only walk far enough to move around in my house, no further.
- 2 - 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.
- 1 - 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.
- 0 - My pain does not get worse with walking; I can walk as far as I want to.
- 0 - I have a hard time walking because of another medical problem, but pelvic pain doesn't make it hard to walk.

Because of my pelvic pain

- 3 - Gets worse when I sit, so it hurts too much to sit any longer than 30 minutes at a time.
- 2 - 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.
- 1 - Occasionally gets worse when I sit, but most of the time sitting is comfortable.
- 0 - My pain does not get worse with sitting. I can sit as long as I want to.
- 0 - I have trouble sitting for very long because of another medical problem, but pelvic pain doesn't make it hard to sit.

Because of my pelvic pain

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

Because of my pelvic pain

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

Because of my pelvic pain

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

1 - 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.

0 - I get together with friends or go to events whenever I want, pelvic pain does not get in the way.

Because of my pelvic pain

3 - I can't stand for the doctor to insert the speculum when I go to the gynecologist.

2 - I can stand it when the doctor inserts the speculum if they are very careful, but most of the time it really hurts.

1 - It usually doesn't hurt when the doctor inserts the speculum, but every now and then it does hurt.

0 - It never hurts for the doctor to insert the speculum when I go to the gynecologist.

Because of my pelvic pain

3 - I cannot use tampons at all, because they make my pain much worse.

2 - I can only use tampons if I put them in very carefully.

1 - It usually doesn't hurt to use tampons, but occasionally it does hurt.

0 - It never hurts to use tampons.

0 - 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.

Because of my pelvic pain

3 - I can't let my partner put a finger or penis in my vagina during sex at all.

2 - My partner can put a finger or penis in my vagina very carefully, but it still hurts.

1 - It usually doesn't hurt if my partner puts a finger or penis in my vagina, but every now and then it does hurt.

0 - It doesn't hurt to have my partner put a finger or penis in my vagina at all.

0 - This question does not apply to me because I don't have a sexual partner.

0 - Specifically, I won't get involved with a partner because I worry about pelvic pain during sex.

Because of my pelvic pain

3 - It hurts too much for my partner to touch me sexually even if the touching doesn't go in my vagina.

2 - My partner can touch me sexually outside the vagina if we are very careful.

1 - It doesn't usually hurt for my partner to touch me sexually outside the vagina, but every now and then it does hurt.

0 - It never hurts for my partner to touch me sexually outside the vagina.

0 - This question does not apply to me because I don't have a sexual partner.

0 - Specifically, I won't get involved with a partner because I am worried about pelvic pain during sex.

Because of my pelvic pain

3 - It is too painful to touch myself for sexual pleasure.

2 - I can touch myself for sexual pleasure if I am very careful.

1 - It usually doesn't hurt to touch myself for sexual pleasure, but every now and then it does hurt.

0 - It never hurts to touch myself for sexual pleasure.

0 - I don't touch myself for sexual pleasure, but that is by choice, not because of pelvic pain.