

### VULVAR PAIN FUNCTIONAL QUESTIONNAIRE (V-Q)

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.

<p>1. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – I can't wear tight-fitting clothing like pantyhose that puts any pressure over my painful area.</li> <li><input type="checkbox"/> 2 - I can wear closer fitting clothing as long as it only puts a little bit of pressure over my painful area.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> 0 - I can wear whatever I like; I never have pelvic pain because of clothing.</li> </ul>	<p>6. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – I don't get together with my friends or go out to events.</li> <li><input type="checkbox"/> 2 – I only get together with my friends or go out to parties or events every now and then.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> 0 - I get together with friends or go to events whenever I want, pelvic pain does not get in the way.</li> </ul>
<p>2. My pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 - Gets worse when I walk, so I can only walk far enough to move around in my house, no further.</li> <li><input type="checkbox"/> 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 store.</li> <li><input type="checkbox"/> 1 - Gets a little worse when I walk. I can walk far enough to do my errands, but it would be very painful to walk longer distances for fun or exercise.</li> <li><input type="checkbox"/> 0 - My pain does not get worse with walking; I can walk as far as I want to.</li> <li><input type="checkbox"/> 0 - I have a hard time walking because of a medical problem, but pelvic pain doesn't make it hard to walk.</li> </ul>	<p>7. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – I can't stand for the doctor to insert the speculum when I go to the gynecologist.</li> <li><input type="checkbox"/> 2 – I can stand it when the doctor inserts the speculum if they are very careful, but most of the time it really hurts.</li> <li><input type="checkbox"/> 1 – It usually doesn't hurt when the doctor inserts the speculum, but every now and then it does hurt.</li> <li><input type="checkbox"/> 0 – It never hurts for the doctor to insert the speculum when I go to the gynecologist.</li> </ul>
<p>3. My pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 - Gets worse when I sit, so it hurts too much to sit any longer than 30 minutes at a time.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> 1 – Sometimes gets worse when I sit; most of the time sitting is comfortable.</li> <li><input type="checkbox"/> 0 – My pain does not get worse with sitting. I can sit as long as I want to.</li> <li><input type="checkbox"/> I have trouble sitting for very long because of another medical problem, but pelvic pain doesn't make it hard to sit.</li> </ul>	<p>8. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – I cannot use tampons at all, because they make my pain much worse.</li> <li><input type="checkbox"/> 2 – I can only use tampons if I put them in very carefully.</li> <li><input type="checkbox"/> 1 – It usually doesn't hurt to use tampons, but occasionally it does hurt.</li> <li><input type="checkbox"/> 0 – It never hurts to use tampons <u>OR</u> 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.</li> </ul>
<p>4. Because of pain pills I take for my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 - I am sleepy and I have trouble concentrating at work or while I do housework.</li> <li><input type="checkbox"/> 2 - I can concentrate just enough to do my work, but I can't do more, like go out in the evenings.</li> <li><input type="checkbox"/> 1 - I can do all of my work, and go out in the evening if I want, but I feel out of sorts.</li> <li><input type="checkbox"/> 0 – I don't have any problems with the pills that I take for pelvic pain.</li> <li><input type="checkbox"/> 0 - I don't take pain pills for my pelvic pain.</li> </ul>	<p>9. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – I can't let my partner put a finger or penis in my vagina during sex at all.</li> <li><input type="checkbox"/> 2 – My partner can put a finger or penis in my vagina very carefully, but it still hurts.</li> <li><input type="checkbox"/> 1 – It only hurts every now and then if my partner puts a finger or penis in my vagina.</li> <li><input type="checkbox"/> 0 – It doesn't hurt to have my partner put a finger or penis in my vagina at all.</li> <li><input type="checkbox"/> 0 - Specifically, I won't get involved with a partner because I worry about pelvic pain during sex. <u>OR</u> This question does not apply because I don't have a sexual partner.</li> </ul>
<p>Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> 2 – It hurts when I try to have a bowel movement, but the pain goes away when I am finished.</li> <li><input type="checkbox"/> 1 – Most of the time it does not hurt when I have a bowel movement, but every now and then it does.</li> <li><input type="checkbox"/> 0 – It never hurts from my pelvic pain when I have a bowel movement.</li> </ul>	<p>10. Because of my pelvic pain:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 – It hurts too much for my partner to touch me sexually even if the touching doesn't go in my vagina.</li> <li><input type="checkbox"/> 2 – My partner can touch me sexually outside the vagina if we are very careful.</li> <li><input type="checkbox"/> 1 – It doesn't usually hurt for my partner to touch me sexually outside the vagina, but every now and then it does hurt.</li> <li><input type="checkbox"/> 0 – It never hurts for my partner to touch me sexually outside the vagina.</li> <li><input type="checkbox"/> 0 – Specifically, I won't get involved with a partner because I worry about pelvic pain during sex. <u>OR</u> This question does not apply. I don't have a sexual partner.</li> </ul>