

## Vaginal Symptoms Questionnaire

Prolapse is a common condition affecting the normal support of the pelvic organs, which results in descent or 'dropping down' of the vaginal walls and/or the pelvic organs themselves. This can include the bladder, the bowel and the womb. Symptoms are usually worse on standing up and straining (e.g. lifting, coughing or exercising) and usually better when lying down and relaxing.

Prolapse may cause a variety of problems. We are trying to find out how many people experience prolapse, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

<p><b>Are you aware of dragging pain in your lower abdomen?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>	<p><b>Are you aware of soreness in your vagina?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>	<p><b>Do you feel that you have reduced sensation or feeling in/ around your vagina?</b></p> <p>0: not at all            1: a little            2: somewhat            3: a lot</p>
<p><b>Do you feel that your vagina is too loose or lax?</b></p> <p>0: not at all            1: a little            2: somewhat            3: a lot</p>	<p><b>Do you feel that your vagina is too dry?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>	<p><b>Are you aware of a lump or bulge coming down in your vagina?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>
<p><b>Do you have to insert a finger into your vagina to help empty your bowels?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>	<p><b>Do you feel a lump or bulge come out of your vagina, so that you can feel it on the outside or see it on the outside?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>	<p><b>Do you feel that your vagina is too tight?</b></p> <p>0: never            1: occasionally            2: sometimes            3: most of the time            4: all the time</p>

## Sexual Matters

Again, please answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

### Do you have a sex life at the present?

- 1: yes
- 0: no, due to my vaginal symptoms
- 2: no, due to other reasons

If **NO**, please skip to the last question.

### Do worries about your vagina interfere with your sex life?

- 0: not at all
- 1: a little
- 2: somewhat
- 3: a lot

### Do you feel that your relationship with your partner is affected by vaginal symptoms?

- 0: not at all
- 1: a little
- 2: somewhat
- 3: a lot

### How much do you feel that your sex life has been spoiled by vaginal symptoms?

*Please circle a number between 0 and 10.*

- 0 1 2 3 4 5 6 7 8 9 10  
not at all a great deal

### Overall, how much do vaginal symptoms interfere with your everyday life?

*Please circle a number between 0 and 10.*

- 0 1 2 3 4 5 6 7 8 9 10  
not at all a great deal

### Vaginal symptoms score

Dragging pain x2	
Soreness in vagina x2	
Reduced sensation x1	
Vagina too loose x2	
Lump felt inside x2	
Lump seen outside x2	
Vagina too dry x1	
Faecal evacuation x1	
<b>Total score</b>	

### Sexual matters score

Worries with sex life x8	
Relationship affected x8	
Sex life spoilt x1	
<b>Total score</b>	

### Quality of life score

Quality of life affected	
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