

## Vaginal symptoms

### 1. Are you aware of dragging pain in your lower abdomen?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 2. Are you aware of soreness in your vagina?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 3. Do you feel that you have reduced sensation or feeling in or around your vagina?

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

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.

### 4. Do you feel that your vagina is too loose or lax?

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

### 7. Do you feel that your vagina is too dry?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 5. Are you aware of a lump or bulge coming down in your vagina?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 8. Do you have to insert a finger into your vagina to help empty your bowels?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 6. 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?

- never  0  
occasionally  1  
sometimes  2  
most of the time  3  
all of the time  4

### 9. Do you feel that your vagina is too tight?

- never  0  
occasionally  0  
sometimes  0  
most of the time  0  
all of the time  0

## Sexual matters

We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

### 10. Do you have a sex life at present?

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

If NO, please go to question 14

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

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

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

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

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

*Please ring a number between 0 and 10.*

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

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

*Please ring a number between 0 and 10.*

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

**Thank you very much for answering these questions.**

#### Vaginal symptoms score

Q1. 'dragging pain' x 2	
Q2. 'soreness in vagina' x 2	
Q3. 'reduced sensation' x 1	
Q4. 'vagina too loose' x 2	
Q5. 'lump felt inside' x 2	
Q6. 'lump seen outside' x 2	
Q7. 'vagina too dry' x 2	
Q8. 'faecal evacuation' x 1	
<b>Total vaginal symptoms score</b>	

#### Sexual matters score

Q11. 'worries with sex-life' x 8	
Q12. 'relationship affected' x 8	
Q13. 'sex life spoilt' x 1	
<b>Total sexual matters score</b>	

#### Quality of life score

Q14. 'quality of life affected'	
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