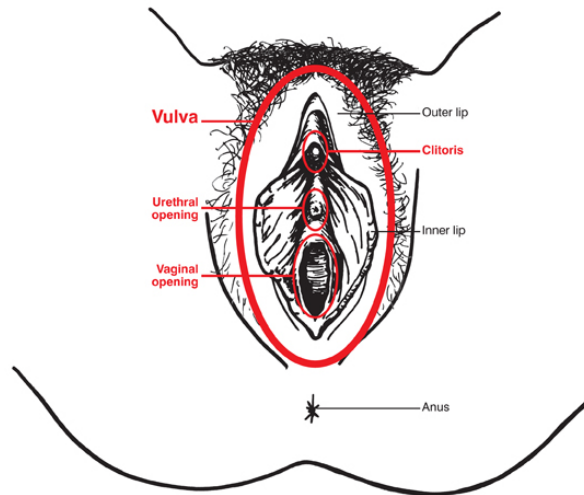


VPAQfull/screen

Descriptive Questions

Please reference the diagram below. Where do you experience chronic vulvar/genital pain?
Select all that apply.

- Clitoris
- Urethral Opening
- Vulva
- Vaginal Opening/Vestibule



Do you experience vulvar skin symptoms such as:

	Yes	No
Itching		
Fissures/splits/tears		
Dryness		

If you have looked at your vulva, have you noted that the appearance has changed?

- Yes
- No
- I have not looked to note any changes

If you have vaginal discharge, do you believe that it contributes to your pain problem?

- Yes
- Maybe
- No
- No discharge

How long ago did your vulvar pain develop?

- < 6 months ago
- 7 months – 2 years
- 3-5 years
- 6-10 years
- 10+ years

When do you experience your pain?

- Any time throughout the day
- During non-sexual contact with your vulva
- During sexual activity involving contact with your vulva
- Other: _____

Please choose the option that best describes when your pain begins or worsens during vulvar contact/penetration.

- When any contact is made with the vulva
- When the finger/object/penis starts to enter the vagina
- When the finger/object/penis has fully entered and is thrusting
- When a male partner ejaculates in the vagina without wearing a condom
- Only after penetration has ended
- When the finger/object/penis is removed
- My pain level does not change during vulvar contact/penetration

How well does the word BURNING describe how your vulvar pain typically feels?

- Not at all
- A little
- Somewhat
- Mostly
- Very much

VPAQfull Subscales

Pain Severity

Please rate the following about your vulvar pain (in a typical month)

	None	Mild	Moderate	Severe	Worst Possible
Intensity: how strong the pain sensation is					
Average pain intensity					
Worst pain intensity					
Unpleasantness: how much the pain bothers you					
Average pain unpleasantness					
Worst pain unpleasantness					
Distress: how upset the pain makes you feel					
Worst distress about pain					
Average distress about pain					

Emotional Response

In the past 6 months, how much do you experience **feeling** the following related to your vulvar pain?

	Not at all	A Little	Somewhat	A Lot	Very Much
Sad					
Unable to make changes in my life					
Bad about myself because of the pain					
Emotionally exhausted because of the pain					
Anger towards my pain					
Depressed					
That the pain will never stop					
Like my body has let me down					
Physically tense					
Like giving up					
That I am not a worthwhile person					
Distracted					
Hateful things about myself as a person					
Stressed about the pain					
That it is unfair that I have pain					

Cognitive Response

In the past 6 months, how much do you experience **thinking/worrying** about the following related to your vulvar pain?

	Not at all	A Little	Somewhat	A Lot	Very Much
That people might think I'm a bad sexual partner					
That my partner(s) might think I'm frigid (i.e., sexually unresponsive)					
That my partner(s) will leave me					
That people (would) think less of me because of my pain					
That other people are better sexual partners than me					
That I am a bad sexual partner					
That I will not be able to find [a] future partner(s)					
That my pelvic muscles will be too tight					

Life Interference

How much does your vulvar pain negatively interfere with the following?

	Not at all	A Little	Somewhat	A Lot	Very Much	I avoid because of pain
Sitting						
Walking						
Wearing tight-fitting clothing						
Taking part in recreational activities						
Ability to work						
Going out with friends						
Fulfilling responsibilities to your family						
Ability to perform tasks at work						
Activities involving direct or indirect pressure (e.g., bike riding)						
Using sanitary pads						
Ability to fall asleep						

Sexual Function Interference

How much does your vulvar pain negatively interfere with the following?

	Not at all	A Little	Somewhat	A Lot	Very Much	I avoid because of pain
My response to sexual advances made by my partner						
Desire for sexual activity						
Feeling sexual pleasure						
Orgasm frequency						
Taking part in non-penetrative sexual activity						
Taking part in penetrative sexual activity						
Worrying about sexual satisfaction no longer being possible						
Worrying that any sensation in your genitals will lead to pain						
Taking off your clothes around your partner						
Worrying about the next time your partner(s) will want sexual activity						

Self-Stimulation/Penetration Interference

How often do the following situations/activities cause vulvar pain?

	Never	Rarely	Sometimes	Often	Always	I avoid because of pain
Using tampons						
Solitary sexual stimulation of my vulva (i.e., masturbation)						
Masturbation when partner is present						
Self penetration with fingers (partner absent)						
Self penetration with sex toy (partner absent)						

VPAQscreen Subscales

Pain Severity

Please rate the following about your vulvar pain (in a typical month)

	None	Mild	Moderate	Severe	Worst Possible
Intensity: how strong the pain sensation is					
Average pain intensity					
Unpleasantness: how much the pain bothers you					
Average pain unpleasantness					
Distress: how upset the pain makes you feel					
Average distress about pain					

Cognitive/Emotional Reactions

In the past 6 months, how much do you experience **feeling/thinking/worrying** about the following related to your vulvar pain?

	Not at all	A Little	Somewhat	A Lot	Very Much
That people might think I'm a bad sexual partner					
That my partner(s) might think I'm frigid (i.e., sexually unresponsive)					
That my partner(s) will leave me					
That people (would) think less of me because of my pain					
Sad					
Unable to make changes in my life					
Bad about myself because of the pain					
Emotionally exhausted because of the pain					
Anger towards my pain					
That the pain will never stop					

Life Interference

How much does your vulvar pain negatively interfere with the following?

	Not at all	A Little	Somewhat	A Lot	Very Much	I avoid because of pain
Sitting						
Walking						
Wearing tight-fitting clothing						
Taking part in recreational activities						
Ability to work						
Ability to fall asleep						

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How much does your vulvar pain negatively interfere with the following?

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How often do the following situations/activities cause vulvar pain?

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Masturbation when partner is present						
Self penetration with fingers (partner absent)						
Self penetration with sex toy (partner absent)						

** “N/A” option available for all Subscales but Pain Severity, and is coded as 0

** “I avoid because of pain” is coded as 4 (*Note*: this option was added following the study based on participant feedback, and requires validation in future research)

** All other scaled responses range from 0-4

** Mean scores are computed for each subscale

Pain Descriptors (VPAQdesc)

When you experience vulvar pain, how well do the following words describe how your pain typically feels?

	Not at all	A Little	Somewhat	A Lot	Very Much
1. Burning					
2. Stinging					
3. Sharp					
4. Stabbing					
5. Aching					
6. Irritating					
7. Raw					
8. Sensitive					
9. Tender					
10. Sore					

**Burning Pain subscale: compute mean of items 1 & 2

**Incisive Pain subscale: compute mean of items 3 & 4

**Sensitivity subscale: compute mean of items 5-10

Coping Strategies (VPAQcope)

To cope with my vulvar pain, I:

	Never	Rarely	Sometimes	Often	Always
1. Relax my body					
2. Breathe deeply					
3. Go to my “happy place”					
4. Practice yoga/stretching					
5. Do something that takes my mind off the pain					
6. Focus on staying optimistic					
7. Visit my doctor(s)					
8. Look for information on my pain					
9. Use prescription medication					
10. Talk to people in my social network					
11. Talk to others with similar pain					
12. Avoid anything that might cause pain					

****Distraction/Relaxation-Based Strategies subscale: compute mean of items 1-6**

****Active Problem-Solving Strategies subscale: compute mean of items 7-12**

Partner Factors (VPAQpartner)

	Never	Rarely	Sometimes	Often	Always
<i>How does your romantic partner/spouse respond to your vulvar pain?</i>					
1. Asks what s/he can do					
2. Wants to talk about it					
3. Tries to acknowledge my pain					
4. Gets angry					
5. Blames me					
6. Appears frustrated					
7. Is visibly upset					
8. Looks sad					
<i>How do you interact with your romantic partner/spouse when you are in pain?</i>					
9. Seek emotional support					
10. Seek physical comfort					
11. Share your feelings					
12. Problem solve					
<i>How has your vulvar pain impacted the following in your romantic relationship?</i>					
	Much Worse	Somewhat Worse	No Change	Somewhat Better	Much Better
13. Physical intimacy					
14. Emotional intimacy					
15. Sexual intimacy					
16. Relationship quality					
17. General communication					
18. Sexual communication					
<i>How comfortable do you feel communicating (verbally or non-verbally) with your romantic partner/spouse about the following when experiencing vulvar pain?</i>					
	Largely Uncomfortable	Somewhat Uncomfortable	Neither Comfortable or Uncomfortable	Somewhat Comfortable	Largely Comfortable
19. Sexual desire					
20. Frequency of activity					
21. Amount of "foreplay"					
22. Duration of activity					
23. Sexual position					
24. Technique					

**Negative Partner Response subscale: mean of items 4-8

**Supportive Response subscale: mean of items 1-3, 9-12

**Relationship Impact subscale: compute mean of items 13-18

**Sexual Communication Comfort subscale: compute mean of items 19-24