

# Pelvic-floor Physiotherapy Questionnaire

## (P-PAQ)

When attending for treatment, you are much more than just a problem you were referred for. The following questions are for us to find out more about your experiences and feelings, which will help us to better understand how you view your problem, and help us make your treatment better suited for you.

Thinking about the problem that brought you here today, please answer the following questions by circling the response that best reflects your experiences and feelings.

Please do not spend too much time thinking about these questions – just go with your first impression.

Please turn this page over for the questions.

Thank you in advance for completing this questionnaire.

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Name: .....

Date: .....

	Strongly disagree		Neither disagree nor agree	Strongly agree	
I have been getting scared or panicky for no obvious reason	1	2	3	4	5
I have been able to laugh and see the funny side of life	1	2	3	4	5
I feel that it may be worthwhile for me to work on my problem	1	2	3	4	5
I have been experiencing pain or discomfort	1	2	3	4	5
I feel that working hard to do better guides what I do	1	2	3	4	5
I have been able to enjoy reading, the radio, or TV programmes	1	2	3	4	5
I feel that I have a problem, but there is nothing that I need to change	1	2	3	4	5
I have been feeling tense, stressed, or agitated	1	2	3	4	5
I feel that coming here will stop my problem getting worse	1	2	3	4	5
I feel that protecting the environment guides what I do	1	2	3	4	5
I feel that valuing my health makes my life more meaningful	1	2	3	4	5
I have been having difficulty staying asleep	1	2	3	4	5
I feel that being fit and in good physical shape guides what I do	1	2	3	4	5
I would not feel right if my health were not valuable and important to me	1	2	3	4	5
I feel that people should ignore and forget their problems, and just get on with life	1	2	3	4	5
I have been enjoying the things I used to enjoy	1	2	3	4	5
I feel that being here is a waste of my time	1	2	3	4	5
I feel that creating or discovering new things or ideas guides what I do	1	2	3	4	5
I have been able to maintain my mobility	1	2	3	4	5
I feel that I may be ready for some self-improvement	1	2	3	4	5
I feel that I am not able to overcome my problem without help	1	2	3	4	5
I feel that using scientific research for progress (e.g., news stories) guides what I do	1	2	3	4	5
I feel that my relationship with my family or friends guides what I do	1	2	3	4	5
I feel that someone here will have good advice for me	1	2	3	4	5
I feel that my health is valuable and important	1	2	3	4	5
I feel that it does not make much sense for me to be here	1	2	3	4	5
I have been able to keep up my usual activities	1	2	3	4	5
I feel that I am finally doing something about the problem that has been bothering me	1	2	3	4	5
I feel that believing in a higher power guides what I do	1	2	3	4	5
I feel that having time to myself guides what I do	1	2	3	4	5
I have been feeling well and in good health	1	2	3	4	5

