

Pelvic Floor Distress Inventory Short Form 20

Pelvic Organ Prolapse Distress Inventory 6 (POPDI-6)

Usually experience pressure in the lower abdomen?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually experience heaviness or dullness in the pelvic area?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually have a bulge or something falling out that you can see or feel in your vaginal area?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Ever have to push on the vagina or around the rectum to have or complete a bowel movement?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually experience a feeling of incomplete bladder emptying?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Ever have to push up on a bulge in the vaginal area with your fingers to start or complete urination?

- No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Colorectal-anal distress inventory 8 (CRADI-8)

Feel you need to strain too hard to have a bowel movement?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Feel you have not completely emptied your bowels at the end of a bowel movement?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually lose stool beyond your control if your stool is well formed?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually lose stool beyond your control if your stool is loose?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually lose gas from the rectum beyond your control?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually have pain when you pass your stool?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Does part of your bowel ever pass through the rectum and bulge outside during or after a bowel movement?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Urinary Distress Inventory 6 (UDI-6)

Usually experience frequent urination?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually experience urine leakage associated with a feeling of urgency, that is, a strong sensation of needing to go to the bathroom?

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

Usually experience urine leakage related to coughing, sneezing, or laughing?

No

Yes

- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually experience small amounts of urine leakage (that is, drops)?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually experience difficulty emptying your bladder?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

Usually experience pain or discomfort in the lower abdomen or genital region?

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

PFDI-20 Summary Score: add the scores from the 3 scales together to obtain the summary score (range 0 to 300). Scoring of PFDI-20 = (POPDI-6 + CRAID-8 + UDI-6).

Scale scores: obtain the mean value of the answered items within the corresponding scale (possible value 0 to 4) and then multiply by 25 to obtain the scale score (range 0 to 100). Missing items are dealt with by using the mean from answered items only.

No = 0, Not at all = 1, Somewhat = 2, Moderately = 3, Quite a bit = 4

Copyright: Barber Md, Kuchibhatla M, Pieper CF, Bump RC. Psychometric Evaluation Of 2 Comprehensive Condition - Specific Quality of Life Instruments for Women with Pelvic Disorders. American Journal of Obstetrics and Gynecology Volume 185; November 6, 2001

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