

Pelvic Floor Impact Questionnaire—short form 7 (PFIQ-7)

Name _____ DATE _____

DOB _____

Instructions: Some women find that bladder, bowel, or vaginal symptoms affect their activities, relationships, and feelings. For each question, check the response that best describes how much your activities, relationships, or feelings have been affected by your bladder, bowel, or vaginal symptoms or conditions **over the last 3 months**. Please make sure you mark an answer in **all 3 columns** for each question.

How do symptoms or conditions in the following usually affect your	<i>Bladder or urine</i>	<i>Bowel or rectum</i>	<i>Vagina or pelvis</i>
1. Ability to do household chores (cooking, laundry housecleaning)?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
2. Ability to do physical activities such as walking, swimming, or other exercise?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
3. Entertainment activities such as going to a movie or concert?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
4. Ability to travel by car or bus for a distance greater than 30 minutes away from home?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
5. Participating in social activities outside your home?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
6. Emotional health (nervousness, depression, etc)?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit
7. Feeling frustrated?	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit	Not at all Somewhat Moderately Quite a bit

Total x 100 x 100 x 100

Scoring the PFIQ-7: =

All of the items use the following response scale:

0, Not at all; 1, somewhat; 2, moderately; 3, quite a bit **PFIQ-7 Score**

Scales:

Urinary Impact Questionnaire (UIQ-7): 7 items under column heading “Bladder or urine”

Colorectal-Anal Impact questionnaire (CRAIQ-7): 7 items under column heading “Bowel / rectum”

Pelvic Organ Prolapse Impact Questionnaire (POPIQ-7): Items under column “Pelvis / Vagina”

Scale Scores: Obtain the mean value for all of the answered items within the corresponding scale (possible value 0 – 3) and then multiply by (100/3) to obtain the scale score (range 0-100).

Missing items are dealt with by using the mean from answered items only.

PFIQ-7 Summary Score: Add the scores from the 3 scales together to obtain the summary score (range 0-300).