

Pelvic Floor Impact Questionnaire Short Form 7

Some women find that bladder, bowel, or vaginal symptoms affect their activities, relationships, and feelings. For each question place an X in 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 relate to the following usually affect your | Bladder or Urine | Bowel or Rectum | Vagina or Pelvis |
|---|---|---|---|
| 1. Ability to do household chores (cooking housecleaning, laundry)? | 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 |

Scoring the PFIQ-7

All of the items use the following response scale:

None at All = 0, Somewhat = 1, Moderately = 2, Quite a Bit = 3