

Pelvic Pain Questionnaire
Female NIH- Symptom Index (NIH-CPSI)

Name: _____ Date: _____

Pain or Discomfort

5 Almost Always or always

1. In the last week, have you experienced any pain or discomfort in the following areas:

	Yes	No
a. Area between rectum and vagina (perineum)	1	
b. Labia	1	0
c. Clitoris (not related to urination)	1	0
d. Below your waist, in your pubic or bladder area	1	0
e. Below your waist, in your rectal area	1	0

6. How often have you had to urinate again less than two hours after you finished urinating, over the last week?

- 0 Not at all
- 1 Less than 1 time in 5
- 2 Less than half the time
- 3 About half the time
- 4 More than half the time
- 5 Almost Always

2. In the last week, have you experienced:

	Yes	No
a. Pain or burning during urination	1	0
b. Pain or discomfort during or after sexual climax	1	0

Impact of Symptoms

7. How much have your symptoms keep you from doing the kinds of things you would usually do, over the last week?

- 0 None
- 1 Only a little
- 2 Some
- 3 A lot

3. How often have you had pain or discomfort in any of these areas over the last week?

- 0 Never
- 1 Rarely
- 2 Sometimes
- 3 Often
- 4 Usually
- 5 Always

8. How much did you think about your symptoms, over the last week?

- 0 None
- 1 Only a little
- 2 Some
- 3 A lot

4. Which number best describes your AVERAGE pain or discomfort on the days that you had it, over the last week?

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

PAIN AS
BAD AS
YOU CAN
IMAGINEE

Quality of Life

9. If you were to spend the rest of your life with your symptoms just the way they have been during the last week, how would you feel about that?

- 0 Delighted
- 1 Pleased
- 2 Mostly satisfied
- 3 Mixed (about equally satisfied and dissatisfied)
- 4 Mostly dissatisfied
- 5 Unhappy
- 6 Terrible

Urination

5. How often have you had a sensation of not emptying your bladder completely after you finished urinating, over the last week?

- 0 Not at all
- 1 Less than 1 time in 5
- 2 Less than half the time
- 3 About half the time
- 4 More than half the time

Scoring the NIH-Chronic Prostatitis Symptom Index Domains

Pain: Total of items 1a, 1b, 1c, 1d, 1e, 2a, 2b, 3, and 4= _____

Urinary Symptoms: Total of items 5 and 6 = _____

Quality of Life & Impact: Total of items 7, 8, and 9 _____

Adapted from Litwin et al. J Urol. 1999; 162:369-375.