



# THE VULVAR PAIN ASSESSMENT QUESTIONNAIRE (VPAQ)

## WHAT IS THE VPAQ?

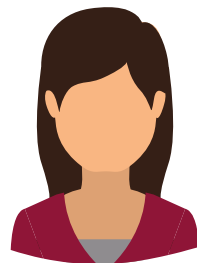
The Vulvar Pain Assessment Questionnaire (VPAQ) is a measure used to help in the diagnosis of vulvar pain conditions

## HOW IS THE VPAQ HELPFUL?

### Vulvodynia:

1

- A form of chronic vulvar pain
- Affects **8%** of women
- A complex condition that can be distressing, yet many are uncomfortable seeking help



2

In a study of over 200 women with vulvar pain, participants reported:

- Speaking with at least 3 physicians before receiving a diagnosis
- That medical professionals lacked knowledge of vulvar pain symptoms



### Patients using the VPAQ reported that:

3

- They found the VPAQ helpful
- The symptom summaries in the VPAQ accurately described their symptoms
- After completing the VPAQ, they felt more comfortable speaking with their physician about their symptoms



4

### Physicians using the VPAQ reported that:

- They found the VPAQ helpful
- Symptom summaries based on responses to the VPAQ accurately described patients' symptoms
- The VPAQ led to correct diagnoses **80%** of the time



See the VPAQ here!  
<https://www.sexlab.ca/vpaq>