



# RECOMMENDATIONS FOR THE STUDY OF VULVAR PAIN IN WOMEN

## PART 1: REVIEW OF ASSESSMENT TOOLS



### WHY DID WE PUBLISH A PAPER REVIEWING AND RECOMMENDING ASSESSMENT AND MEASUREMENT TOOLS FOR VULVAR PAIN?

VULVAR PAIN IS COMPLEX ....

Many different things can contribute to vulvar pain

Symptoms can vary from patient to patient



... AND THERE IS NO SINGLE ESTABLISHED ALGORITHM TO DIAGNOSE AND TREAT IT.

Researchers and clinicians use lots of different approaches



THIS LED US TO IDENTIFY A NEED TO REVIEW THE SCIENTIFIC EVIDENCE OF VULVAR PAIN ...



... AND MAKE RECOMMENDATIONS ON WHICH DIAGNOSTIC AND MEASUREMENT TOOLS TO USE.



### WHAT DID WE FIND?

1

There are measurement tools available that are empirically validated (backed by research). It is recommended that these tools be used across studies to support comparisons and pooling of results.

2

There may be pros and cons when selecting a particular tool. It is recommended that researchers should be guided by their specific research aims, feasibility of the research pool, and the potential to gain further knowledge in the field.

3

It is recommended that researchers incorporate a biopsychosocial assessment of vulvar pain and its consequences.

### WHAT ARE THE CLINICAL APPLICATIONS OF THIS PUBLICATION?



This review provides a comprehensive list of measurement tool recommendations for use in clinical research, and in some cases, clinical practice. It can help with identifying factors involved in the development and maintenance of vulvar pain and with developing research supported treatments.