



Specialty Physical Therapy

Pelvic Floor Distress Inventory Short Form 20

Instructions: please circle or select button nearest your answer. If answering yes to any question, you must also answer the follow up question of how much? (including the response Not At All)

Patient Satisfaction

Please rate your pain level with activity

0	1	2	3	4	5	6	7	8	9	10
NO PAIN										VERY SEVERE PAIN

Pelvic Organ Prolapse Distress Inventory 6 (POPDI-6)

Usually experience pressure in the lower abdomen?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Usually experience heaviness or dullness in the pelvic area?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Usually have a bulge or something falling out that you can see or feel in your vaginal area?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Ever have to push on the vagina or around the rectum to have or complete a bowel movement?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Usually experience a feeling of incomplete bladder emptying?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Ever have to push up on a bulge in the vaginal area with your fingers to start or complete urination?

No						
Yes	If yes, How much?	Not At All	Slightly	Moderately	Greatly	

Colorectal-anal Distress Inventory 8 (CRADI-8)

Feel you need to strain too hard to have a bowel movement?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Feel you have not completely emptied your bowels at the end of a bowel movement?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually lose stool beyond your control if your stool is well formed?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually lose stool beyond your control if your stool is loose?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually lose gas from the rectum beyond your control?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually have pain when you pass your stool?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Does part of your bowel ever pass through the rectum and bulge outside or after a bowel movement?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Urinary Distress Inventory 6 (UDI-6)

Usually experience frequent urination?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually experience urine leakage associated with a feeling or urgency, that is, a strong sensation of needing to go to the bathroom?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually experience urine leakage related to coughing, sneezing, or laughing?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually experience small amounts of urine leakage (that is, drops)?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually experience difficulty emptying your bladder?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

Usually experience pain or discomfort in the lower abdomen or genital region?

No
Yes If yes, How much? Not At All Slightly Moderately Greatly

PFDI-20 Summary Score: add the scores from the 3 scales together to obtain the summary score (range 0 to 300). Scoring of PFDI-20 = (POPDI-6 + CRADI-8 + UDI-6).

Scale scores: obtain the mean value of the answered items within the corresponding scale (possible value 0 to 4) and then multiply by 25 to obtain the scale score (range 0 to 100). Missing items are dealt with by using the mean from the answered items only.

No = 0, Not At All = 1, Slightly = 2, Moderately = 3, Greatly = 4

Copyright: Barber Md, Kuchibhatla M, Pieper CF, Bump RC. Psychometric Evaluation Of 2 Comprehensive Condition – Specific Quality of Life Instruments for Women with Pelvic Disorders. American Journal of Obstetrics and Gynecology Volume 185; November 6, 2001.