

Intimacy and PGP – help us to help you by letting us know your thoughts via this questionnaire!



When you have Pelvic Girdle Pain (PGP)/Symphysis Pubis Dysfunction (SPD), being intimate can be a problem rather than a pleasure. Frankly, having sex is most likely to be the last thing on your mind, particularly if you have already had your baby and you have double whammy of sleepless nights, etc. When I had PGP in my last pregnancy, sex was very difficult, painful and frankly not worth the hassles (despite advice from my physiotherapists about different positions - yeah right!). It took me and my husband more than 18 months after we had our daughter to regain something akin to a 'normal' sex life i.e. more than once every two months without feeling tense and worried that it would hurt. We tried really hard to stay intimate - and I don't mean by that anything near to sex, but rather holding hands, cuddling and generally feeling close. There were times when I worried for my poor husband and certainly my marriage.

When I spoke with other women with PGP I realised that having difficulties with being intimate when you're in pain and pregnant - and even following pregnancy - can be really common (among my friends with PGP anyway) and hard - affecting how you feel about yourself, how you feel about your husband, maybe how you feel about your baby and even making you question your relationship.

Here at the Pelvic Partnership, we recognise that intimacy can be difficult for women with PGP and hope to run a support group session looking at intimacy and PGP. Ahead of that however, we really want to hear from you (anonymously of course) about the issues that you have and your thoughts (the views of myself and a few friends is hardly scientific). We also want to hear from partners and husbands to understand what it really is like to be intimate with a partner with PGP and what information or materials would be most useful to you.

Please take a few moments to complete the survey we have put together - using the paper copy here and post it back to us at **26 Manor Green, Harwell, Oxon, OX11 0DQ** or use the version on the website (but please print out and send this to us to maintain confidentiality). We'll print the results later this year.

Thank you

About you

Marital status

- Single
- Married
- Divorced
- Living with partner
- Separated

PGP & mobility

How mobile are you/were you with your PGP?

- I have no pain at all
- I have pain occasionally, but it doesn't restrict my movements
- I have pain occasionally, and it does restrict my movements
- I can move, without crutches etc, but I have pain when I move
- I can move, without crutches etc, but I have pain all the time
- I need crutches to move and I am in pain every day
- I use a wheelchair to get around and I have pain every day

If you had to rank your pain on a scale of 1 to 10 (1 no pain; 10 worst pain ever) what would it be?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

What impact does your PGP and pain have on your daily life?

- I know I have PGP but it doesn't really affect my life or stop me doing what I want
- My PGP has a little impact on my life, I think about things before I do them and avoid doing anything that might hurt
- My PGP has some impact on my life, I no longer do some of the things I used to do
- PGP has some considerable impact on my life and I don't do many of the things I used to do
- PGP has an immense impact - my life is completely changed

How long has PGP had an impact on your life?

- Only for the term of my pregnancy
- Between 3 and 12 months after giving birth
- 1 - 2 years
- More than 2 years
- More than 5 years

Sex and intimacy

Do you still have PGP symptoms?

- Yes
- No

Has your sex life changed since PGP?

- Yes
- No

Does/did PGP have an impact on your sex life?

- Yes
- No

Which do you think has had the greatest impact on your sex life or ability to be intimate with your partner?

- My PGP symptoms
- Having a baby - sleepless nights
- Reduced libido
- No impact

Do you have a current sexual partner?

Yes

No

Have you had sex since having PGP?

Yes

No

When did you last have sex?

Within the last week

Within the past month

Within the past 3 months

Within the past year

It has been more than a year

When did you last have sexual intimacy?

Within the last week

Within the past month

Within the past 3 months

Within the past year

It has been more than a year

Do you still enjoy intimacy (non-sexual) with your partner? (cuddling, kissing etc.)

Yes

No

Do you enjoy... holding hands?

Unable to do due to PGP

Enjoy regularly

Enjoy occasionally

Enjoy, but rarely

Not interested

Do you enjoy... kissing?

- Unable to do due to PGP
- Enjoy regularly
- Enjoy occasionally
- Enjoy, but rarely
- Not interested

Do you enjoy... cuddling?

- Unable to do due to PGP
- Enjoy regularly
- Enjoy occasionally
- Enjoy, but rarely
- Not interested

Do you enjoy... non-penetrative sex?

- Unable to do due to PGP
- Enjoy regularly
- Enjoy occasionally
- Enjoy, but rarely
- Not interested
- Would definitely not enjoy

Do you enjoy... sex?

- Unable to do due to PGP
- Enjoy regularly
- Enjoy occasionally
- Enjoy, but rarely
- Not interested
- Would definitely not enjoy

Talking about sex

Have you and your partner talked about sex or intimacy since having PGP?

Yes

No

Have you ever asked for help with sexual relationships?

Yes

No

Was the help useful?

Yes

No

Would you consider using talking therapy or counselling for sex/relationship issues?

Yes

No

Would you prefer to use specialist psychosexual counselling services for women with PGP and their partners?

Yes

No

What would help you to bring back intimacy in your relationship?

Information booklets

Information on the Internet

Talking to a healthcare professional

Talking to someone, not an healthcare professional

Partners

Do you feel your sex life has changed since PGP?

Yes

No

Which do you think has had the greatest impact on your sex life or ability to be intimate with your partner?

- My wife/partner's PGP symptoms
- Having a baby - sleepless nights
- Reduced libido
- No impact

If your sex life has changed - has it changed for better or worse?

- Better
- Worse
- No change

If your sex life has changed for the worse, how does this make you feel? (please tick as many boxes as needed)

- Angry
- Resentful
- Makes me feel less close to my baby/I blame my baby
- I blame my partner
- Resigned - it's one of those things
- Frightened - will things ever be the same again
- Positive - I know it will get better
- I don't feel any different

