

The Fremantle Perineal Awareness Questionnaire (FrePAQ)

The perineal area is the part of the body located between the legs. It covers the area from the pubic bone to the tailbone and between the two sit bones. The area includes the genitals, pelvic floor muscles, anal area and skin (perineum). Functions of this area include bladder and bowel control, (peeing and pooing), sexual function, supporting pelvic organs, and movements of the body, (sitting, walking, running and jumping).

Problems in this area are common but may be difficult to discuss with people in your life, including your health care providers. This questionnaire assesses how changes in the sensation and control of the area may be impacting your function or causing you distress.

Using the following scale, answer each question to let us know how this area feels to you:

0 = **Never** feels like that

1 = **Occasionally** feels like that

2 = **Often** feels like that

3 = **Always** feels like that

	Never	Occasionally	Often	Always
1. I feel physically disconnected from my perineal area.	0	1	2	3
2. I feel distressed when I look at or think about my perineal area.	0	1	2	3
3. I feel distressed when I touch, am touched, or think about being touched in my perineal area.	0	1	2	3
4. It takes more conscious effort than I think it should to use my perineal area.	0	1	2	3
5. I feel as if the muscles in my perineal area tighten or relax without my control.	0	1	2	3
6. When using my perineal area, I am unaware or unsure of what the muscles in the area are doing.	0	1	2	3
7. Without looking at or touching it, my perineal area feels like it has changed in shape or size.	0	1	2	3
8. Without looking at or touching it, my perineal area feels lopsided asymmetrical, or uneven.	0	1	2	3

Factor 1 (1-6) = ____/18 Factor 2 (7-8) = ____/6

Total score= ____/24