



# Development and content validity of a women's knowledge and self - perception questionnaire about the pelvic floor muscles



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## Introduction

Women's knowledge about the pelvic floor (PF) is considered essential to achieve good results on conservative pelvic floor dysfunction treatment, however knowledge about the pelvic floor muscle (PFM) anatomy, functions, dysfunctions and treatment options seems to be low between women, as well as their self-perception about PFM contraction. Validated self-reported questionnaires are important tools to be used in clinical practice and as outcome measures in research. No self-reported validated questionnaire aiming to assess both women's knowledge and self-perception about their PF was found in the literature.

The aim of this research was to develop and validate the content of a questionnaire aiming to assess women's knowledge and self-perception about the pelvic floor muscles (PFM).

## Methods and Materials

This is a content validation study of a self-reported questionnaire in Portuguese. The study was developed following the recommendations for developing and validating the content of self-reported instruments by the patient [1]. The structure of the study followed 4 steps recommended by the Consensus based Standards for the selection of Health Measurement Instruments (COSMIN).

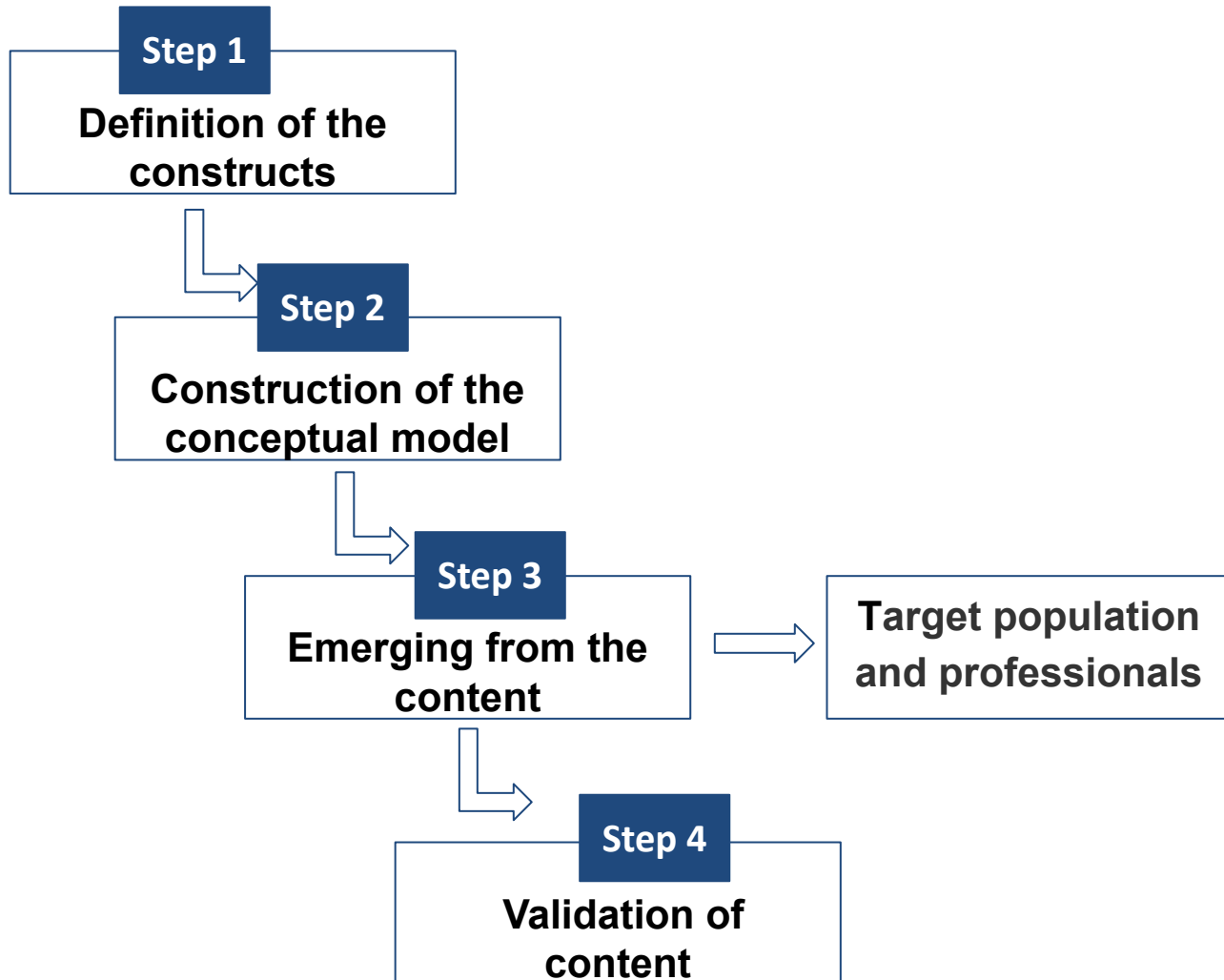
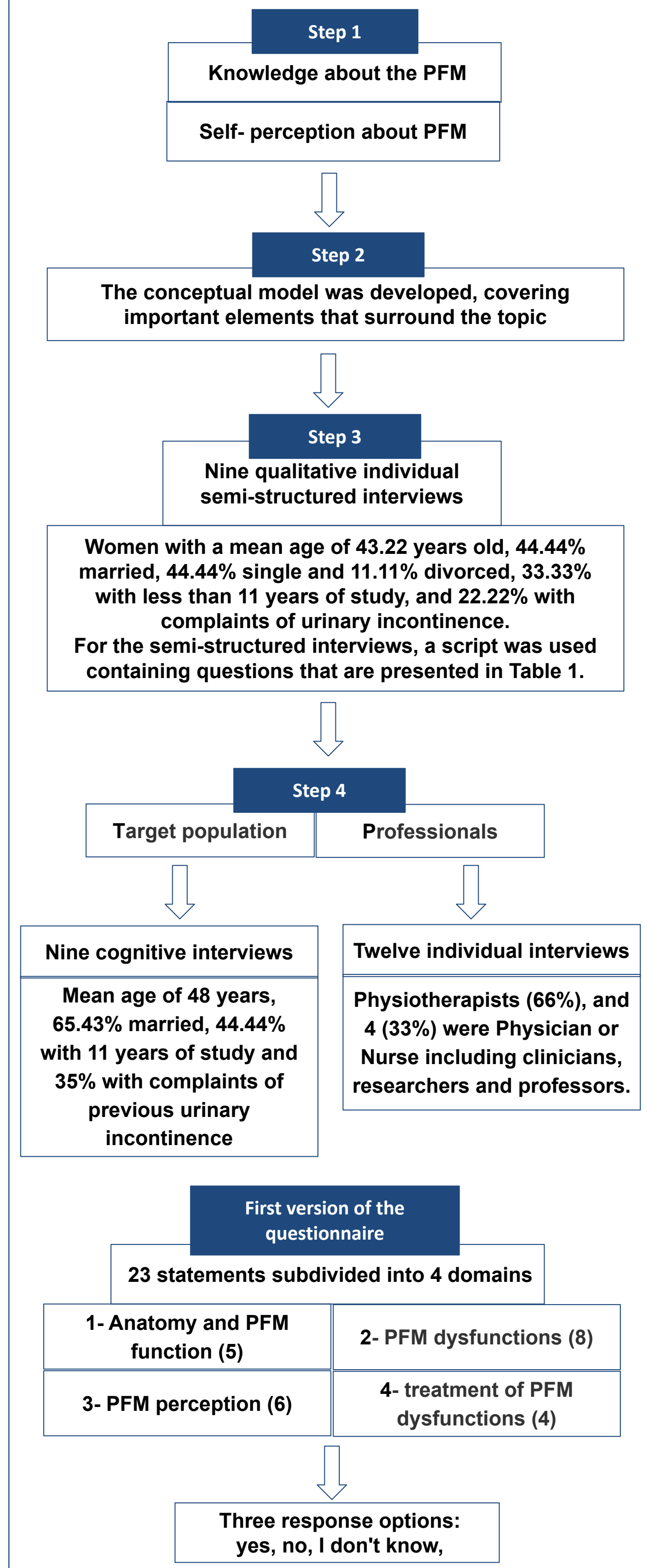


Table 1. Script of semi-structured interviews

### Script of semi-structured interviews with women from the community

Have you heard about the PFM?  
Describe what comes to your mind when you hear the term PFMs?  
Have you looked for information about the PFMs?  
Where did you hear about or find information about PFMs?  
Have you talked to anyone about PFMs?  
What body functions do you think might be related to PFM?  
What sensations/emotions do you think may be related to PFM?  
What do you think PFMs are capable of doing?  
How do you perceive your PFMs now?  
Do you remember how you perceived your PFMs yesterday, a week ago, a month ago or a year ago?  
What activities do you do in your daily routine to help you feel this musculature?  
Where are the PFMs located?  
What parts of your body are related or close to PFM?  
Have you touched your PFMs yet?  
What did you feel when you touched it?  
How did you notice the pelvic floor muscles when you touched it?  
What activities do you think can be influenced by PFM?  
Do you know the diseases/disorders that are associated with PFM?  
What are these diseases/disorders?  
Do you know how to treat these diseases /dysfunctions?  
Which health professional to look for?  
Do you find it natural to talk about this musculature?  
Do you feel embarrassed or ashamed to talk about the PFM?  
If so, why do you feel this way?  
Would you like to provide any information related to the PFM that we haven't talked about or comment on any information that you think is important and necessary?

## Results



## Discussion

The first version of the PFM knowledge and perception questionnaire was developed and had its content validated by a target population sample and among health professionals working with women's pelvic floor dysfunction.

In both content validations, the questionnaire proved to be understandable, relevant and comprehensive.

The steps recommended by the COSMIN were strictly followed and the option of conducting cognitive interviews resulted in important suggestions that improved the tool.

## Conclusions

The final version of a new questionnaire aiming to assess women's knowledge and perception about the PFM was developed and had its content validated by the target population and health professionals.

The questionnaire is ready to have its measurement properties tested.

## References

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