

Knowledge about urinary incontinence, pelvic organ prolapse, and pelvic floor muscle training in perinatal women, healthy women, and women with pelvic floor dysfunctions – validation and adaptation of the PIKQ and PFMT-P questionnaires.

### **About the project:**

Principal Investigator: Dr. Martyna Kasper-Jędrzejewska, PhD in Health Sciences  
Research Team: Dr. Lucyna Ptaszkowska, PhD in Health Sciences, Anna Drobina, Milena Mazur (Master's students)

### **Aim**

The aim of the project is to validate and culturally adapt into Polish the PIKQ and PFMT-P questionnaires, which will assess women's awareness of pelvic floor dysfunctions and pelvic floor muscle training. These tools will enable a better adjustment of preventive and educational measures.

### **Significance of the Study**

Pelvic floor muscle dysfunctions, such as urinary incontinence or pelvic organ prolapse, are significant health issues affecting many women's quality of life. A lack of awareness and insufficient education regarding prevention and treatment methods result in many women not undertaking appropriate therapeutic actions. The adaptation and validation of specialized measurement tools will help refine educational strategies and support professionals working with patients.

### **Target Population (Respondent Groups)**

Healthy women – those without reported pelvic floor muscle function issues.

Women with dysfunctions – those reporting symptoms such as urinary incontinence, pelvic organ prolapse, or other pelvic floor muscle function problems.

### **Study Methodology**

The project has received a positive opinion from the University Research Ethics Committee (No. 2/2025) and will be conducted in several stages until December 2025:

Translation and linguistic adaptation of the questionnaires (back-translation method).

Expert assessment by specialists in urogynecological physiotherapy.

Pilot study to assess the comprehensibility and validity of the tools in the target group.

Psychometric analysis, including reliability and validity assessment of the questionnaires.

Full-scale validation conducted among a representative group of women.

### **Participant Recruitment**

Participants will be recruited through:

Announcements on social media and pelvic health-related websites.

Collaborations with gynecology, urology, and physiotherapy clinics.

### **Benefits of the Study**

Increased health awareness among women regarding pelvic floor muscle function.

Improved tailoring of preventive and educational measures.

Support for professionals in assessing patients' knowledge levels and therapeutic needs.

### **Publication of Results**

The study results will be presented in two master's theses, published in scientific journals, and shared at Health Sciences conferences. Additionally, summary reports will be made available to participants.

### **Why is this important?**

Introduction of reliable tools for pelvic floor health research.

Support for specialists in patient diagnostics and education.

Enhancement of preventive care strategies.

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