

**John Wei - ISOQOL Submission 1307**

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**Abstract 1307****DEVELOPMENT AND VALIDATION OF AN ADAPTATION INDEX FOR WOMEN WITH PELVIC FLOOR DISORDERS (PFD)**

*John T. Wei, Urology, University of Michigan, Ann Arbor, MI, Patricia A. Wren, School of Health Sciences, Oakland University, Rochester, MI, Linda Brubaker, Urology, Loyola University, Maywood, IL, Kathryn L. Burgio, Gerontology and Geriatric Medicine, University of Alabama, Birmingham, AL, Nancy K. Janz, Health Behavior & Health Education, University of Michigan, Ann Arbor, MI, Ingrid Nygaard, Obstetrics & Gynecology, University of Utah, Salt Lake City, UT, Rodney L. Dunn, Urology, Catherine A. Spino, Biostatistics, University of Michigan, Ann Arbor, MI, Susan F. Meikle, Obstetrics & Gynecology, NIH, Bethesda, MD, Margie A. Kahn, Urogynecology, Kaiser Permanente, San Diego, CA*

**AIMS:** Women with PFDs (i.e., pelvic organ prolapse, urinary and fecal incontinence) develop adaptive behaviors to deal with their symptoms; leading us to hypothesize that these behaviors may impact QOL. The purpose of this study was to develop a measure to assess the extent of adaptive behaviors used by women affected by PFDs. **METHODS:** Empirical studies, clinical experts, and focus groups of women with PFDs were used to create an initial list of 24 items describing commonly employed adaptive behaviors. 605 women from 4 NIH clinical trials were randomly split into development and validation cohorts. Scoring weights were developed based on the reported impact of adaptive behaviors. Convergent validity was assessed by correlations with validated pelvic floor disorder symptom distress (PFDI) and QOL (PFIQ). **RESULTS:** Confirmatory factor analysis validated Avoidance (11 items) and Hygiene (6 items) domains that explained 46% of the variance with high reliability (Cronbach's alpha 0.89 and 0.69, respectively). Strong correlations of the Adaptation Index with PFDI and PFIQ (Table, \*p<0.001) speaks to validity. **CONCLUSIONS:** Adaptive behaviors were found to be incrementally used by women with greater pelvic floor

symptoms and greater impact on QOL. The PFDN Adaptation Index is a robust measure of these behaviors.

### Correlations of Adaptation Index with PFDI and PFIQ

PFDI/PFIQ subscales	Correlation w/ Adaptation-Hygiene	Correlation w/ Adaptation-Avoidance
Urinary distress	0.40*	0.52*
Pelvic organ prolapse distress	0.08	0.40*
Colo-rectal-anal distress	0.38*	0.41*
Urinary Impact	0.54*	0.74*
Pelvic organ prolapse impact	0.25*	0.60*
Colorectal-anal impact	0.51*	0.52*