What Women See: Vulvar Self Examination

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No conflict of interest
Vulvar Awareness Questionnaire

- Women accessing Lower Genital Tract Disease Unit of Department of Obstetrics and Gynaecology of University of Torino
- 25 multiple-choice questions evaluating knowledge about normal anatomy and vulvar self examination
- 500 surveys collected so far
## Population: Demographic Analysis

<table>
<thead>
<tr>
<th>Category</th>
<th>Option</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>&lt;35</td>
<td>34.8%</td>
</tr>
<tr>
<td></td>
<td>35-50</td>
<td>39.6%</td>
</tr>
<tr>
<td></td>
<td>&gt;50</td>
<td>25.6%</td>
</tr>
<tr>
<td>Nationality</td>
<td>Italian</td>
<td>92.8%</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>7.2%</td>
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<tr>
<td>Degree</td>
<td>Elementary/Primary school</td>
<td>20.4%</td>
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<td></td>
<td>High School</td>
<td>48%</td>
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<td></td>
<td>Graduate/Postgraduate</td>
<td>31.6%</td>
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<tr>
<td>Work</td>
<td>Physical Work</td>
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<tr>
<td></td>
<td>Clerk</td>
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<td></td>
<td>Freelancer</td>
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<tr>
<td></td>
<td>Students</td>
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<td></td>
<td>Retired</td>
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<tr>
<td></td>
<td>Unemployed</td>
<td>4.8%</td>
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<tr>
<td>Number of sons</td>
<td>0</td>
<td>53.8%</td>
</tr>
<tr>
<td></td>
<td>&gt;/=1</td>
<td>46.2%</td>
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<tr>
<td>Marital status</td>
<td>Married/Living with partner</td>
<td>56.8%</td>
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<tr>
<td></td>
<td>Single</td>
<td>43.2%</td>
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<tr>
<td>Smoking</td>
<td>Yes</td>
<td>23.8%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>76.2%</td>
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</table>
QUESTIONNAIRE:

1. Do the terms "vulva" and "vagina" indicate the same anatomical part?
   - Yes
   - Not

4. Are the labia minora or nympha inside the labia majora?
   - Yes
   - Not
Vulvar awareness questionnaire

9. According to you there are differences that fall within the normal range as regards the appearance of the female external genitalia due to various factors such as age, weight, ethnicity and so on. ...?

- Yes
- No

**Variability** is recognised, but 1/3 think that all the vulva are without differences

YES 71%  
NO 29%
10. Have you ever been told, during your entire academic journey, in moments dedicated to sex education or in the family context, what is the self-observation of external genitalia and what does it consist of?

- Yes
- No

Only 23.2% were told of vulvar self examination
11. Have you ever observed your external genitalia with the help of a mirror or with the camera of your mobile phone?
   - Yes
   - No

An **higher degree of school** relates with a **higher percentage** of vulvar self examination.

So **nulliparous** women observed more frequently than parous women.
13. If you have previously performed a self-examination of the vulva, or in any case you have observed your external genitals, describe which parts you have distinguished with more or less difficulty.

Mark from 1 to 4, for each anatomical part, the level of difficulty:

1 = maximum difficulty, 2 = much difficulty, 3 = little difficulty and 4 = without difficulty.
14. Has it ever happened of finding something abnormal by self-examining your genitals and so you have gone to a doctor or a specialist?
   - No
   - Yes, you have gone to a physician.
   - Yes, you have gone to a specialist. Indicate if ○ Gynecologist, ○ Dermatologist or ○ Midwife.
   - Yes, asking for advice from another person. (Specify...
Vulvar awareness questionnaire

17. Would you be interested in receiving more information about self-examination of external genitalia to know how you can positively act on your health?
   - Yes
   - Not

68.8% of women want to receive more information

Target Audience for informative campaigns
Vulvar awareness questionnaire

Mean time of Multimedia using?

Mobile Phone
- < 1 h/die: 10.80%
- 1-3 h/die: 70.60%
- > 3 h/die: 18.60%

PC
- < 3 h/die: 62.40%
- 3-6 h/die: 19.20%
- > 6 h/die: 18.40%

Television
- < 1 h/die: 26.60%
- 1-3 h/die: 5.40%
- > 3 h/die: 68.00%
18: With which information channel?
19: With which way?
Vulvar Self Examination...Useful?

VSE is a tool to understand what is normal for each women, given the great anatomical vulvar variability

Not a DIAGNOSTIC TOOL alone!

Women should refer immediately to trained medical personnel
Thank You!

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