

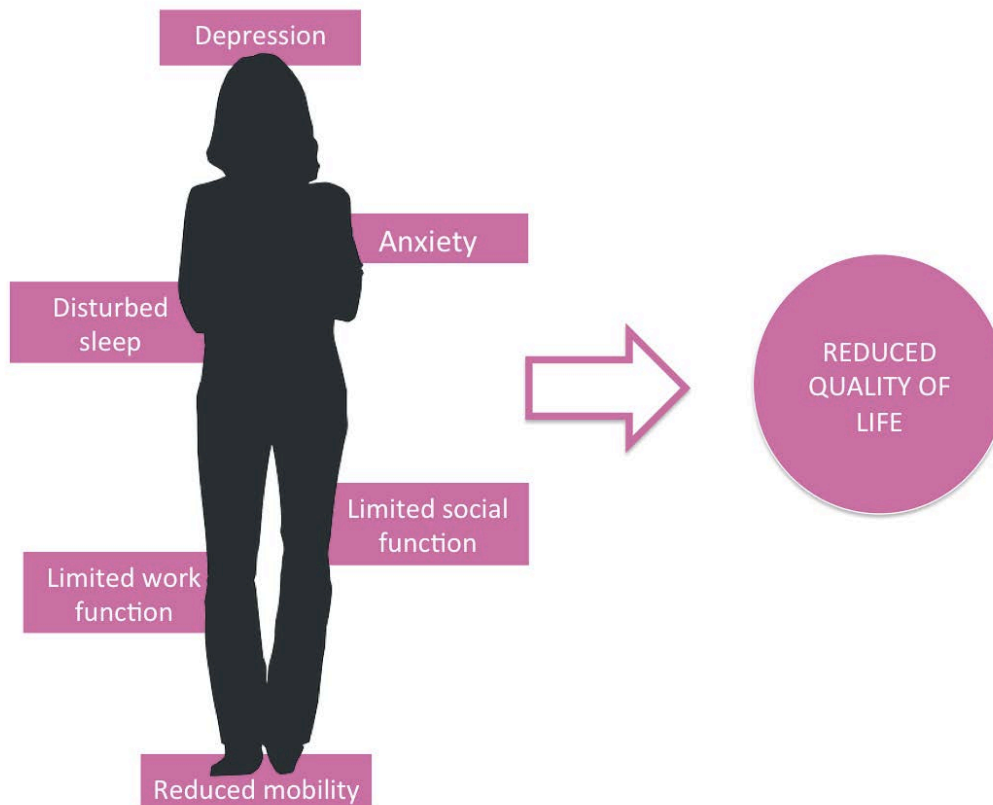
Pelvic Pain and Psychology

Information for patients

What is Persistent Pelvic Pain?

Pelvic pain has been estimated to affect 1 in 6 women. It is associated with a number of conditions, with endometriosis being the most common, but sometimes no cause is found.

Persistent pain is pain that continues for more than three months.



Why is there a clinical psychologist in the pelvic pain team?

Clinical Psychologists work with people with a wide range of physical health problems to cope with the emotional consequences of these difficulties, and to improve their quality of life. The fact that a psychologist is meeting you does not mean that we think that the pain is not real or that it is “in your head”.

Pain is complex and can affect people in lots of different ways, not just physically.

What will happen when I see a pain psychologist?

The appointment will last about an hour and is a chance to talk about pelvic pain - what it is like and how it impacts on you.

At the end of the appointment a plan will be agreed with you.

This might involve attending the Living with Pelvic Pain group in order to learn skills others have found helpful in managing pain and everyday activities better. These skills include:

- learning about the science of persistent pain
- how to avoid over doing activity and increasing your pain
- relaxation and stress management
- learning things others have found helpful in managing relationships.

Pain is known to significantly reduce quality of life. It can be disabling and frustrating, and can affect your relationships. Coming to see a pain psychologist is not about curing pain, but about trying to live the best life you can.

For more information, please see <http://www.crh.ed.ac.uk/pelvicpain/>