

Women's preferences for pelvic floor screening in sport and exercise: a mixed-methods study integrating survey and interview data in Australian women



The questions

One in two women experiencing pelvic floor (PF) symptoms stop playing sport or exercising.

1. Why don't women disclose their PF symptoms to health and exercise professionals working within sport and exercise settings?
2. How can the perspective of women with PF symptoms inform screening practices within sport and exercise settings?



The study

In Phase 1, more than 4500 women aged 18-65 with pelvic floor symptoms were surveyed. In Phase 2, a small number of participants were interviewed by the researchers. Mixed method strategies were used to analyse the responses.

The results

Three threads representing the findings were identified:

1. a majority of women had told no one within sport/exercise settings about their PF symptoms
2. women endorsed including respectful questions about PF symptoms within existing sports and exercise screening practices
3. health and exercise professionals can assist women to disclose PF symptoms by demonstrating knowledge, trustworthiness and empathy.



Clinical implications

Women support the inclusion of PF symptom screening within sport and exercise settings if it is conducted in a sensitive manner that allows women to feel safe and supported.

Suitable screening will allow women to access help in reducing/treating PF symptoms to facilitate lifelong participation in sport and exercise.

Proudly brought to you by:



Physiotherapy
Research
Foundation

CHECK OUT THE PAPER AT:

[DX.DOI.ORG/10.1136/BJSPORTS-2023-107017](https://doi.org/10.1136/BJSPORTS-2023-107017)