

# Multidisciplinary approach benefits provoked vestibulodynia

November 14 2014

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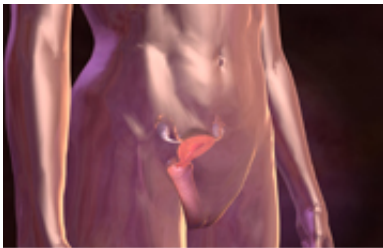


Image courtesy of Blausen Medical

(HealthDay)—For women with provoked vestibulodynia (PVD), a multidisciplinary vulvodynia program (MVP) integrating psychological skills training, pelvic floor therapy, and medical management is associated with improvements in dyspareunia and sexual functioning, according to a study published online Oct. 30 in the *Journal of Sexual Medicine*.

Lori A. Brotto, Ph.D., from the University of British Columbia in Vancouver, Canada, and colleagues evaluated a 10-week hospital-based treatment for chronic sexual pain secondary to PVD. One hundred thirty-two women participated in MVP, 116 of whom provided data at the post-MVP assessment and 84 had complete data through to the follow-up period.

The researchers found that more than half the sample (53.8 percent) reported significant improvement in dyspareunia with treatment. Strong significant effects were seen following MVP for the reduction in dyspareunia ( $P = 0.001$ ) and sex-related distress ( $P$  sexual functioning ( $P = 0.001$ )). Significant, but more modest, improvements were seen in sexual desire, lubrication, orgasmic function, and sexual satisfaction. At two- to three-month follow-up, all improvements were retained.

"This study provides strong support for the efficacy of a multidisciplinary approach (psychological, pelvic floor physical therapy, and [medical management](#)) for improving dyspareunia and all domains of sexual functioning among [women](#) with PVD," the authors write.

**More information:** [Abstract](#)  
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