

## Question Guide for online discussion group - Endometriosis

Depending on topics that arise in the discussions, prompts to elucidate or seek further information will be posted by the moderator.

| Topics  | Questions   | Prompts  |
|---|---|--|
| Symptoms of endometriosis                         | What symptoms women with endometriosis might experience?  | Physical, psychological  |
| Effects of endometriosis on women's lives         | How can endometriosis affect a woman's life?  | Family life, mental health, physical health, sex life, social life, work life  |
| Managing symptoms                                 | What do you know about the treatments available to help manage endometriosis symptoms?<br><br>What are some of the things women themselves can do to manage endometriosis symptoms?   | Medical, surgical<br><br>Exercise, yoga, diet, heat, other pain relief, complementary therapies, meditation, mindfulness |
| Seeing a health professionals about endometriosis | In an ideal world, how should a health professional respond to and work with women who seek their advice about symptoms that may be related to endometriosis?<br><br>Some women experience considerable delay in getting a diagnosis of endometriosis. Why does it sometimes takes a long time to diagnose endometriosis? |  |
| Endometriosis and fertility                       | What do you know about how endometriosis can affect a woman's fertility?  |  |
| Information and support                           | What are useful kinds of information and support for women with endometriosis and what would be the best way to deliver it?   |  |

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|  | <p>Some ideas for how to support women with endometriosis have been suggested. Do you think the ones listed below would be helpful to women?</p> <ol style="list-style-type: none"> <li>1. using stories of the personal experience of endometriosis of women who live with and manage the condition.</li> <li>2. devising web-based tools or apps for information, support, and decision making.</li> <li>3. providing group education about endometriosis.</li> </ol> <p>Do you have other ideas for how health professionals and others can support women with endometriosis?</p> |  |
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