



**Bilaga 5 Översikt över  
resultat och kunskapsluckor  
SBU Utvärderar: Diagnostik  
och behandling av  
provocerad  
vulvodyni/Diagnostics and  
treatment of provoked  
vestibulodynia**

Rapport nr: 326

Tabell 1 Översikt över resultat och kunskapsluckor.

Typ av behandling	Intervention	Kontrollgrupp	Antal studier	Referens	Samlags-smärta	Smärta vid tryck	Sexuell funktion	Livskvalitet	Psykisk ohälsa	Biverkningar
Läkemedel peroralt	Gabapentin	Placebo	1 RCT	[1, 2]	⊕000	⊕000	⊕000	-	-	X
	Desipramin	Placebo	1 RCT	[3]	⊕000	⊕000	⊕000	-	⊕000	X
	Desipramin + lidokain	Placebo	1 RCT	[3]	⊕000	⊕000	⊕000	-	⊕000	X
	Palmitoyletanolamid + transpolydatin	Placebo	1 RCT	[4]	⊕000	-	-	-	-	X
Läkemedel topikalt	Nifedipin	Placebo	1 NRSI	[5]	⊕000	⊕000	-	-	-	X
	Fibroblastlysat	Placebo	1 RCT	[6]	⊕000	⊕000	-	-	-	X
	Lidokain	Placebo	1 RCT	[3]	⊕000	⊕000	⊕000	-	⊕000	X
	Östrogen	Placebo	1 RCT	[7]	⊕000	-	⊕000	-	-	X
	Diazepam	Placebo	1 RCT	[8]	⊕000	-	-	-	-	X
	Natriumkromoglikat	Placebo	1 RCT	[9]	⊕000	-	-	-	-	X
Läkemedel injektion	Botulinumtoxin	Placebo	3 RCT	[10-12]	⊕000	⊕000	⊕000	-	-	X
	Enoxaparin subkutant	Placebo	1 RCT	[13]	⊕000	⊕000	-	-	-	X
Fysioterapi	EMG biofeedback	Lidokain	1 RCT	[14]	⊕000	⊕000	⊕000	⊕000	-	X
	Traditionell akupunktur	Icke-traditionell akupunktur	1 RCT	[15]	⊕000	⊕000	-	-	-	X
	Fysioterapi kombinerad	Lidokain	1 RCT	[16]	⊕⊕00*	-	⊕⊕00*	-	-	X
	TENS vaginalt	Simulerad behandling	1 RCT	[17]	⊕000	-	⊕000	-	-	-
Psykologisk behandling	KBT i grupp	Hydrokortison	1 RCT	[18]	⊕000	⊕000	⊕000	-	-	-
	KBT i grupp	Biofeedback och vestibulektomi (3-arm)	1 RCT	[19, 20]	⊕000	-	⊕000	-	-	-
	Mindfulnessbaserad kognitiv terapi	KBT	1 NRSI	[21, 22]	⊕000	⊕000	⊕000	-	-	-
	KBT	Fysioterapi	1 RCT	[23]	⊕000	⊕000	⊕000	-	-	-
	Mindfulnessbaserad KBT	Utbildning och stöd	1 RCT	[24]		⊕000	⊕000	-	⊕000	-
Övriga behandlingsmetoder	Lågeffektlasrar	Simulerad behandling	1 RCT	[25]	⊕000	⊕000	⊕000	-	-	X
	Transkraniell elektrisk stimulering	Simulerad behandling	1 RCT	[26]	⊕000	⊕000	-	-	⊕000	X
	Stötvågsbehandling	Simulerad behandling	1 RCT	[27]	⊕000	⊕000	⊕000	-	-	X

KBT = Kognitiv beteendeterapi, NRSI = Icke-randomiserad studie med kontrollgrupp, RCT = randomiserad kontrollerad studie, TENS = Transkutan elektrisk nervstimulering

⊕○○○ = Resultatet har mycket låg tillförlitlighet (kunskapslucka enligt SBU:s definition)

⊕⊕○○ = Resultatet har låg tillförlitlighet

– = Det saknas studier som har undersökt utfallsmåttet (kunskapslucka enligt SBU:s definition)

X = Det finns studier som har undersökt utfallsmåttet men resultatets tillförlitlighet är inte bedömt

\*Resultatet var till fördel för interventionen.

## Referenser

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