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Are pain symptoms related to endometriosis location?

Submission date
17/06/2026

Recruitment status
Recruiting

Registration date
19/06/2026

Overall study status
Ongoing

Last Edited
19/06/2026

Condition category
Urological and Genital Diseases

[X] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
Endometriosis is a common condition where tissue similar to the lining of the womb grows in other parts of the body. It can cause pain and affect daily life and fertility. Around 10 to 20 in every 100 women of reproductive age are affected.
This study aims to find out whether the type and intensity of pain are linked to where endometriosis is located in the body. It will also explore how symptoms change after surgery and whether different types of scans or surgical findings better match what patients feel.

Who can participate?
Women aged 18 to 50 years who have been diagnosed with endometriosis and are planning to have surgery can take part.
Women cannot take part if they are pregnant, younger than 18 years, older than 50 years, or if endometriosis is not confirmed after surgery.

What does the study involve?
Participants will be asked to complete questionnaires about their symptoms, quality of life, and general health about 1 month before surgery.
During surgery, doctors will record details about the location and extent of endometriosis.
After surgery, participants will complete follow up questionnaires at 6 months, 12 months, and 24 months. These will ask about pain levels, recovery, and quality of life.
Most of the study involves answering questionnaires, which can be completed online or on paper.

What are the possible benefits and risks of participating?
There are no direct medical benefits for participants. However, the results may help doctors better understand endometriosis and improve diagnosis and treatment for future patients.
There are no significant risks because this is an observational study. The main burden is the time needed to complete questionnaires.

Where is the study run from?
The study is run from Hospital da Luz Lisboa in Lisbon, Portugal.

When is the study starting and how long is it expected to run for?
The study is planned to start in July 2026. Recruitment is expected to continue until July 2028, with follow up continuing until July 2030.

Who is funding the study?
The study is funded by Hospital da Luz (Portugal).

Who is the main contact?
Dr Joao Alves at Hospital da Luz Lisboa.
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Contact information

Type(s)
Principal investigator, Public, Scientific

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Additional identifiers

Study information

Scientific Title
Are pain symptoms related to endometriosis location?

Study objectives
Primary objective: correlation between pain patterns and anatomical distribution of deep endometriosis
Secondary objectives:
1. To compare if the MRI ENZIAN description is more related to patient complains comparing it with surgical ENZIAN classification
2. To describe the characteristics of patients with recto-sigmoid endometriosis evaluating the possibility that patients with endometriosis nodule closer to the anus have more symptoms intensity
3. To describe the evolution of symptoms before and after the surgery between different endometriosis patients' groups exploring the idea that different endometriosis location has different pain evolution /outcomes

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 12/06/2026, Comissão de Ética do Hospital da Luz Lisboa (Hospital da Luz Comissão de Ética, Lisbon, 1500-650, Portugal; +351217 104 544; learninghealth@hospitaldaluz.pt), ref: lD 866; CES 08/2026

Primary study design
Observational

Secondary study design
Cohort study

Study type(s)

Health condition(s) or problem(s) studied
Endometriosis

Interventions
Patients sign the informed consent after surgical indication has been approved by the medical team. Patients will receive pseudonymized questionnaires - before the surgery, 6 months after, 1 year and two years after. Surgeons answer online questionnaires at the date of the surgery and 6 months after. We expect a total duration of recruitment of 2 years and due to the final questionnaire being 2 years we aim for 4 years total duration.

Intervention Type
Procedure/Surgery

Primary outcome(s)
1. pain measured using numeric rating scale at 6 months; 12 months and 24 months

Key secondary outcome(s)

Completion date
01/07/2030

Eligibility

Key inclusion criteria
Female patients with endometriosis proposed for surgery

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
50 Years

Sex
Female

Total final enrolment
460

Key exclusion criteria
1. Patients proposed for endometriosis surgery that had no histopathological confirmation of endometriosis in surgical specimen
2. Pregnant patient
3. Younger than 18 years old or older than 50 years old

Date of first enrolment
01/07/2026

Date of final enrolment
01/07/2028

Locations

Countries of recruitment
Portugal

Sponsor information

Organisation
Hospital da Luz Lisboa

Funder(s)

Funder type

Funder Name
Hospital da Luz

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 1	02/02/2026	17/06/2026	No	No