

# Women's Psychological Condition and Urinary Incontinence

## Abstract

**Background:** The significant association of symptoms of urinary incontinence with anxiety, fear, and depression alters the QOL and general functioning of the women. A population-based study reported that majority of women with urinary incontinence presented with depression and panic disorders. Aim of the study: examine the effect of stress urinary incontinence on elderly women's psychological condition. Design: A descriptive study design was utilized in this study. **Sample:** A Purposive sample was used from the above-mentioned setting. Total sample was 100 women who attended to gynecological and urological outpatient clinics at Beni-Suef University Hospital. Tools: Data was collected using: (1) a structure interviewing questionnaire schedule. (2) The International Consultation on Incontinence Modular Questionnaire ICIQ-SF. Results: It indicates that 20% of the studied women reported urine leakage once a week or less often; while 30% leak twice or three times a week, and 45% of the studied women reported urine leakage several times a day, Moreover, 7% of them reported that they leak a large amount in addition, all of them (100%) leak during cough or sneeze. There was a highly statistically significant deference in psychological condition of the women with urinary incontinence ( $p \leq 0.01$ ).

**Conclusion:** It concluded that psychological condition regarding sexual relationship, and negative feelings as (loss of self-confidence, nervousness or anxiety, embarrassed, fear and frustration) were affected by urinary incontinence. Recommendations: Replication of the present study under different circumstances (sampling, setting, measurement, duration of management) is recommended to validate its results.

**Key words:** urinary incontinence; psychological condition