

**Incontinence – Quality of Life Score**

Please rate the following statements based on a five-point response scale:

1=Extremely    2=Quite a bit    3=Moderately    4=A little    5=Not at all

- \_\_\_ 1. I worry about not being able to get to the toilet on time.
- \_\_\_ 2. I worry about coughing or sneezing because of my urinary problems or incontinence.
- \_\_\_ 3. I have to be careful standing up after I've been sitting down because of my urinary problems or incontinence.
- \_\_\_ 4. I worry about where toilets are in new places.
- \_\_\_ 5. I feel depressed because of my urinary problems or incontinence.
- \_\_\_ 6. Because of my urinary problems or incontinence, I don't feel free to leave my home for long periods of time.
- \_\_\_ 7. I feel frustrated because my urinary problems or incontinence prevent me from doing what I want.
- \_\_\_ 8. I worry about others smelling urine on me.
- \_\_\_ 9. Incontinence is always on my mind.
- \_\_\_ 10. It's important for me to make frequent trips to the toilet.
- \_\_\_ 11. Because of my urinary problems or incontinence, it's important to plan every detail in advance.
- \_\_\_ 12. I worry about my urinary problems or incontinence getting worse as I get older.
- \_\_\_ 13. I have a hard time getting a good night's sleep because of my urinary problems or incontinence.
- \_\_\_ 14. I worry about being embarrassed or humiliated because of my urinary problems or incontinence.
- \_\_\_ 15. My urinary problems or incontinence make me feel like I'm not a healthy person.
- \_\_\_ 16. My urinary problems or incontinence make me feel helpless.
- \_\_\_ 17. I get less enjoyment out of life because of my urinary problems or incontinence.
- \_\_\_ 18. I worry about wetting myself.
- \_\_\_ 19. I feel like I have no control over my bladder.
- \_\_\_ 20. I have to watch what or how much I drink because of my urinary problems or incontinence.
- \_\_\_ 21. My urinary problems or incontinence limit my choice of clothing.
- \_\_\_ 22. I worry about having sex because of my urinary problems or incontinence.