

**Name:** \_\_\_\_\_

**Instructions:**

Please answer the following questions by circling the response that best suits your condition.

**Urinary Leakage Items**

1. How often does urine leak for no obvious reason when you are awake?
  - 1 Never
  - 2 Once or less per week
  - 3 More than once a week
  - 4 Once a day
  - 5 Several times a day
  - 6 Continuously
  
2. How much urine usually leaks for no obvious reason when you are awake?
  - 1 A few drops
  - 2 Enough to make underpants/pads wet
  - 3 Enough to wet outer clothes
  - 4 Urine runs down legs onto floor
  
3. How often does urine leak when you are asleep?
  - 1 Never
  - 2 Once or less per week
  - 3 More than once a week
  - 4 Once a day
  - 5 Several times a day
  - 6 Continuously
  
4. How much urine usually leaks while you are asleep?
  - 1 A few drops
  - 2 Enough to make pajamas/pads wet
  - 3 Enough to wet all clothes and bedding
  
5. How often do you leak urine after you thought you had finished urinating?
  - 1 Never
  - 2 Once or less per week
  - 3 More than once a week
  - 4 Once a day
  - 5 Several times a day
  - 6 Every time
  
6. How much urine usually leaks after you thought you had finished urinating?
  - 1 A few drops
  - 2 Enough to make underpants/pads wet
  - 3 Enough to wet outer clothes
  - 4 Urine runs down legs onto floor

7. How often does urine leak before you can get to the toilet?
- 1 Never
  - 2 Once or less per week
  - 3 More than once a week
  - 4 Once a day
  - 5 Several times a day
  - 6 Every time
8. How much urine usually leaks before you can get to the toilet?
- 1 A few drops
  - 2 Enough to make underpants/pads wet
  - 3 Enough to wet outer clothes
  - 4 Urine runs down legs onto floor
9. How often does urine leak when you are physically active, including coughing or sneezing?
- 1 Never
  - 2 Once or less per week
  - 3 More than once a week
  - 4 Once a day
  - 5 Several times a day
  - 6 Every time
10. Describe the level of activity that causes urine leakage?
- 1 Vigorous activity, such as running, exercise, coughing, or sneezing
  - 2 Moderate activity, such as household chores or lifting
  - 3 Light activity, such as walking, bending, or rising
  - 4 Leak even without activity
11. How much urine usually leaks when you are physically active or coughing or sneezing?
- 1 A few drops
  - 2 Enough to make underpants/pads wet
  - 3 Enough to wet outer clothes
  - 4 Urine runs down legs onto floor
12. What type of protection do you use for your urine leakage?
- 1 None
  - 2 Underpants liners or mini-pads
  - 3 Maxi-pads
  - 4 Incontinence pads
  - 5 Incontinence briefs
  - 6 Diapers
13. Select the number of protective garments for urine leakage you use per day.
- 1 1
  - 2 2

- 3 3
- 4 4
- 5  $\geq 5$

14. Overall, how much does leaking urine interfere with you life?

- 1 Does not interfere with my life
- 2 Minor inconvenience
- 3 Slight problem
- 4 Moderate problem
- 5 Major problem

15. To what extent do you feel your sex life has been affected by urine leakage?

- 1 Has not affect my sex life
- 2 A little
- 3 Somewhat
- 4 A great deal

16. Describe your level of confidence in your ability to control your urine leakage problem.

- 1 Complete confidence
- 2 Moderate confidence
- 3 Little confidence
- 4 No confidence

17. How well do you control your urine leakage? (0 being “no control” to 10 being “full control”)

- 1 0 (no control)
- 2 1
- 3 2
- 4 3
- 5 4
- 6 5
- 7 6
- 8 7
- 9 8
- 10 9
- 11 10 (full control)

**Urination Frequency Items**

18. What is the frequency of your daytime urination?

- 1 1-4 times per day
- 2 5-8 times per day
- 3 9-12 times per day
- 4  $\geq 13$  times per day

19. How often do you urinate at night?

- 1 Do not urinate at night
- 2 1 time per night

- 3 2 times per night
- 4 3 times per night
- 5 4 or more times per night

**Urinary Retention Items**

20. How long can you delay urination from the first time you feel the urge?

- 1 1 or more hours
- 2 30 minutes
- 3 15 minutes
- 4 Less than 10 minutes
- 5 1-2 minutes
- 6 Cannot delay urination

21. After starting to urinate, can you:

- 1 Stop urine flow completely
- 2 Maintain a change to the urine stream
- 3 Partially deflect or change the urine stream
- 4 Unable to deflect, change, or slow urine stream