

## INCONTINENCE QUALITY OF LIFE INSTRUMENT (I-QOL): TRANSLATION AND VALIDATION STUDY OF THE IRANIAN VERSION

### Hypothesis / aims of study

Urinary incontinence (UI) is a widespread problem specially for older adults. Female urinary incontinence is a very common problem that affects 28% to 35% of adult women (1). Many studies have used the generic quality of life instrument for assessing incontinence quality of life, but these questionnaires do not have enough sensitivity for evaluating special aspects of quality of life among incontinent women (2-3). The aim of this study was to translate and to test the reliability and validity of the I-QOL in Iranian patients with urinary incontinence.

### Study design, materials and methods

Using a standard 'forward-backward' translation procedure, the English language version of the questionnaire was translated into Persian (Iranian language). Then a hospital sample of 400 women with urinary incontinence completed the questionnaire. To test reliability, the internal consistency was assessed by Cronbach's alpha coefficient. Intraclass correlation coefficient (ICC) used for assessing reproducibility. Validity were performed using convergent validity and confirmatory factor analysis. Discriminate validity of I-QOL questionnaire was assessed by comparing I-QOL scores and the number of medical appointments in the past year for incontinence and self-report severity of incontinence.

### Results

373 subjects completed the questionnaire at two stages, so response rate was 93%. The median age of the respondents was 48 (range from 27 to 90) . Most of them had stress UI (63.5%). The overall I-QOL summary score showed high internal consistency (alpha= 0.96). The intraclass correlation coefficient (ICC) assessing reproducibility at 3 weeks was 0.96 for the total score. The range of correlation between I-QOL total score and subscales of Sf-36 was between 0.47 and 0.59. Correlations between the I-QOL total score and the subscales of the PGWE were more powerful than with SF-36, ranged between 0.52 and 0.61. I-QOL scores were significantly worse with increasing number of UI treatment visits in past year.

### Interpretation of results

Our results show that the Persian version of I-QOL questionnaire demonstrated good reliability and validity in a UI clinic women sample. The I-QOL is easily self-administered and takes approximately 5 minutes for the average patient reading at a fifth-grade level to complete. It is available in 15 different language versions and has been validated in four European countries as well as the United States. Assessing quality of life of patients with UI recommended before and after treatment of patients for estimating the effect of intervention.

### Concluding message

The Persian version of I-QOL questionnaire demonstrated good reliability and validity in a UI clinic women sample and can be used for measuring QOL between urinary incontinent women in Iran.

### References

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2. Ohsj, kujh. Is a generic quality of life instrument helpful for evaluating women with urinary incontinence? *Qual life Res.* 2006;15:493-501
3. Grimby A, Milson I, Molander U, Wiklund I, Ekelund P. The influence of urinary incontinence on the quality of life of elderly women. *Age Aging.*1993;22:82-89

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<b>Is this a clinical trial?</b>	No
<b>What were the subjects in the study?</b>	HUMAN
<b>Was this study approved by an ethics committee?</b>	Yes
<b>Specify Name of Ethics Committee</b>	Institutional review board of medical school, Iran University of Medical Sciences
<b>Was the Declaration of Helsinki followed?</b>	Yes
<b>Was informed consent obtained from the patients?</b>	Yes