

## EFFICACY OF BEHAVIORAL INTERVENTION ON QUALITY OF LIFE OF CHILDREN WITH ENURESIS AND THEIR MOTHERS

### Abstract title

Efficacy of Behavioral Intervention on Quality of Life of Children with Enuresis and their Mothers

### Hypothesis

1. Bladder control will be regained among at least three-quarter of children with enuresis following implementation of Behavioral Intervention Module.
2. Quality of Life of children with enuresis and their mothers will be significantly improved following exposure to Behavioral Intervention Module.
3. Mothers' stress will be significantly declined after exposure of their children to the Behavioral Intervention Module.

### Aims of study

Investigate the efficacy of behavioral intervention on Quality of Life of children with enuresis and their mothers.

### Study design, materials and methods

A Quasi-experimental study was used. A purposive sample from the diagnosed children with enuresis (free from any physical or psychological disorders) and their mothers was chosen. Child age ranged from 6 to 15 years, recruited from three health settings, namely: (1) The Outpatient Clinic in Children's Hospital; and (2) Psychiatric Center, both affiliated to Ain Shams University; and (3) The Preventive Medical Center affiliated to Cairo University. Tools: Five instruments are used for data collection (pre/ post behavioral intervention), which included: (1) Structured Interviewing Questionnaire Form; (2) Child's Medical Records; (3) Child Behavior Checklist (Achenbach,1991); (4) Mothers Stress Scale (Keith Connors,1999) and (5) Quality of Life Scale for children and their mothers (Drotar et al., 1998, Eiser & Morse, 2001 and Varni, 2003). The developed behavioral intervention Module based on the pre-assessment findings is used.

### Results

The study findings revealed that there are associated risk factors contributing to induce enuresis among children. As well as mothers' stressors increase burden imposed on the affected children before intervention. Meanwhile, '60%' of these stressors were statistically reduced after the behavioral intervention. Also, statistical significant differences are detected in Quality of Life domains among the study subjects before and after intervention ( $P < 0.05$ ).

### Interpretation of results

The study results proved not only the success of the Behavioral Intervention in improving the bladder control among the majority of children with enuresis under study, but also reduced their mothers 'stress. This reflected positively on Quality of Life of children and their mothers. Results of this study proved the success of the proposed hypnosis.

### Concluding message

Enuresis was significantly reduced, which achieves better Quality of Life of children with enuresis and their mothers. Recommendations include: (1) Raising mothers' health awareness regarding the importance of behavioral intervention to prevent and control enuresis among children. (2) Utilizing multimedia channels for specific educational programs to enable children learn more about their health-related conditions. (3) Conducting further studies to investigate and manage the psychological problems associated with enuresis among children.

**Key Words:** Enuresis- Children- Quality of life- Mothers stress - Behavior intervention

<b>Specify source of funding or grant</b>	On our own expenses
<b>Is this a clinical trial?</b>	Yes
<b>Is this study registered in a public clinical trials registry?</b>	No
<b>Is this a Randomised Controlled Trial (RCT)?</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>	Faculty of Nursing-Ain Shams University Ethics Committee
<b>Was the Declaration of Helsinki followed?</b>	Yes
<b>Was informed consent obtained from the patients?</b>	Yes