

## FEMALE URINARY INCONTINENCE IN JEDDAH, SAUDI ARABIA: PREVALENCE, RISK FACTORS AND BARRIERS TO HEALTH SEEKING

### Female Urinary Incontinence in Jeddah, Saudi Arabia: Prevalence, Risk Factors and Barriers to Health Seeking

**Objectives:** To estimate the prevalence of female urinary incontinence (UI), determine associated risk factors, and identify health care-seeking behavior in affected women in Jeddah, Saudi Arabia (SA).

**Material and Methods:** A cross-sectional study conducted on females, aged 15 and above, who attended Ministry of Health Primary Health Care Centers in Jeddah, SA, for any reason not related to their health, and fulfilled the inclusion criteria. They were interviewed by trained nurses, using a pre-tested Arabic questionnaire. Data were collected and analyzed using SPSS 10.

**Results:** Three hundred and seventy nine females were interviewed, mean age was 35 years (range: 15- 71), mean parity was 4.18, 61 (16.4%) were menopausal, 24 (6.3%) had instrumental and 74 (19.5%) had caesarian deliveries. 147 females (38.9%) were obese, 100 (26.4%) were overweight, and 132 (34.8%) were in normal range. 60 females (15.8%) had diabetes mellitus.

Prevalence of UI was 41.4%, stress UI was 36.4% (n= 138), urgency UI was 27.4% (n=104), and mixed UI was 22.2 % (n= 84).

Twenty seven women (17.2%) had daily urinary leakage, 40 (25.5%) had leakage more than once a week, and 90 women (57.3 %) stated having urinary leakage less than once a week. The prevalence of any UI among those who had five or more births (55%) was significantly higher than that among who had less than 5 deliveries (P value < .001).

Thirty four percent of women with UI were unable to perform prayers, 29% had limitations of their social activities and 18% reported that the disorder had affected their sexual life.

Only 29 females (18.4%) who suffered from UI sought medical advice. Barriers to health seeking among women who had UI; 96 women (74.4%) stated that they did not think it was a significant problem, 12 women (9.3%) did not think treatment was available. Twenty five women (19.4%) were embarrassed to discuss the problem with the doctor; five women (3.9%) did not want to consult a male doctor, while 12 females (9.3%) thought that it was a natural condition with aging.

**Conclusion:** UI is prevalent in Saudi Arabia; the commonest type of UI was stress incontinence. It had a significant negative impact on Quality of Life of affected women.

Though quite prevalent and had a significant impact on QoL, majority of the women did not seek medical advice.

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<i>Is this a clinical trial?</i>	Yes
<i>Is this study registered in a public clinical trials registry?</i>	No
<i>Is this a Randomised Controlled Trial (RCT)?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Ministry of Health, Research Center, Ethical Review Board
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes