



#820 PREVALENCE OF URINARY INCONTINENCE AND QUALITY OF LIFE IN CROSSFIT NULLIPAROUS WOMEN PRACTICIONERS: SURVEY STUDY

A. Duthoit 1, C. Avy 1, E. Ménez 1, M. Correia 1 & S. Vicente 1,2

1 Egas Moniz School of Health & Science; 2 Egas Moniz Center for Interdisciplinary Research (CiiEM); 2829-511 Caparica, Almada, Portugal
svicente@egasmoniz.edu.pt

HYPOTHESIS / AIMS OF THE STUDY

CrossFit is a functional training method that combines high-intensity exercises with multi-joint movements and has become one of the fastest-growing training modes worldwide. It includes activities like running, jumping, weightlifting, gymnastics, and ballistic movements. In recent years, it has gained popularity and seen a rise in practitioners (1). Female CrossFit athletes, particularly younger women under 40, have a higher prevalence of urinary incontinence (UI) compared to the general population. Pelvic floor disorders affect 23% to 29% of CrossFit practitioners aged 20 to 39, compared to 6.3% to 13.6% in other studies (2). Studies indicate a prevalence of UI of 44.5%, with 81.2% of those cases being stress urinary incontinence (SUI). Of these, 5.3% presented mild UI, while 40.7% presented moderate UI (3). Despite this, SUI in sports remains an underestimated public health issue, as it is a taboo topic, and many women are unaware of their condition. Often, they use adaptive strategies (such as sanitary pads) to hide the problem. SUI significantly impacts quality of life, leading to embarrassment, shame, emotional isolation, and sometimes even depression (4).

Aim: The aim of this study was to determine the prevalence of SUI in women practising CrossFit in Portugal and France, its impact on quality of life and the use of preventive measures.

STUDY DESIGN, MATERIALS AND METHODS

ON-LINE DESCRIPTIVE STUDY
EGAS MONIZ ETHICS COMMITTEE
APPROVAL



INTERNATIONAL CONSULTATION ON
INCONTINENCE QUESTIONNAIRE -SHORT
FORM (ICIQ-SF)
KING’S HEALTH QUESTIONNAIRE (KHQ)

INCLUSION CRITERIA



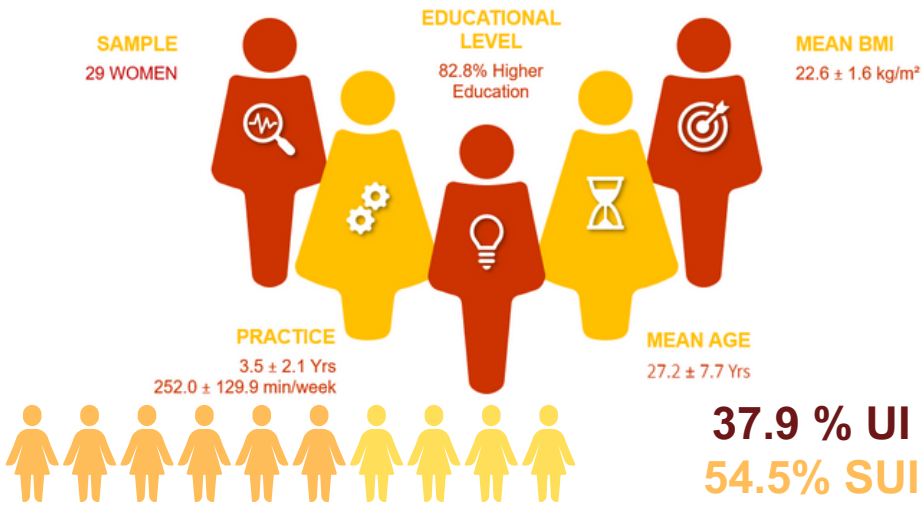
- Women over 18 years old
- Nulliparous
- Of childbearing age
- Fluent in French or Portuguese to ensure good understanding of the questionnaire items

EXCLUSION CRITERIA

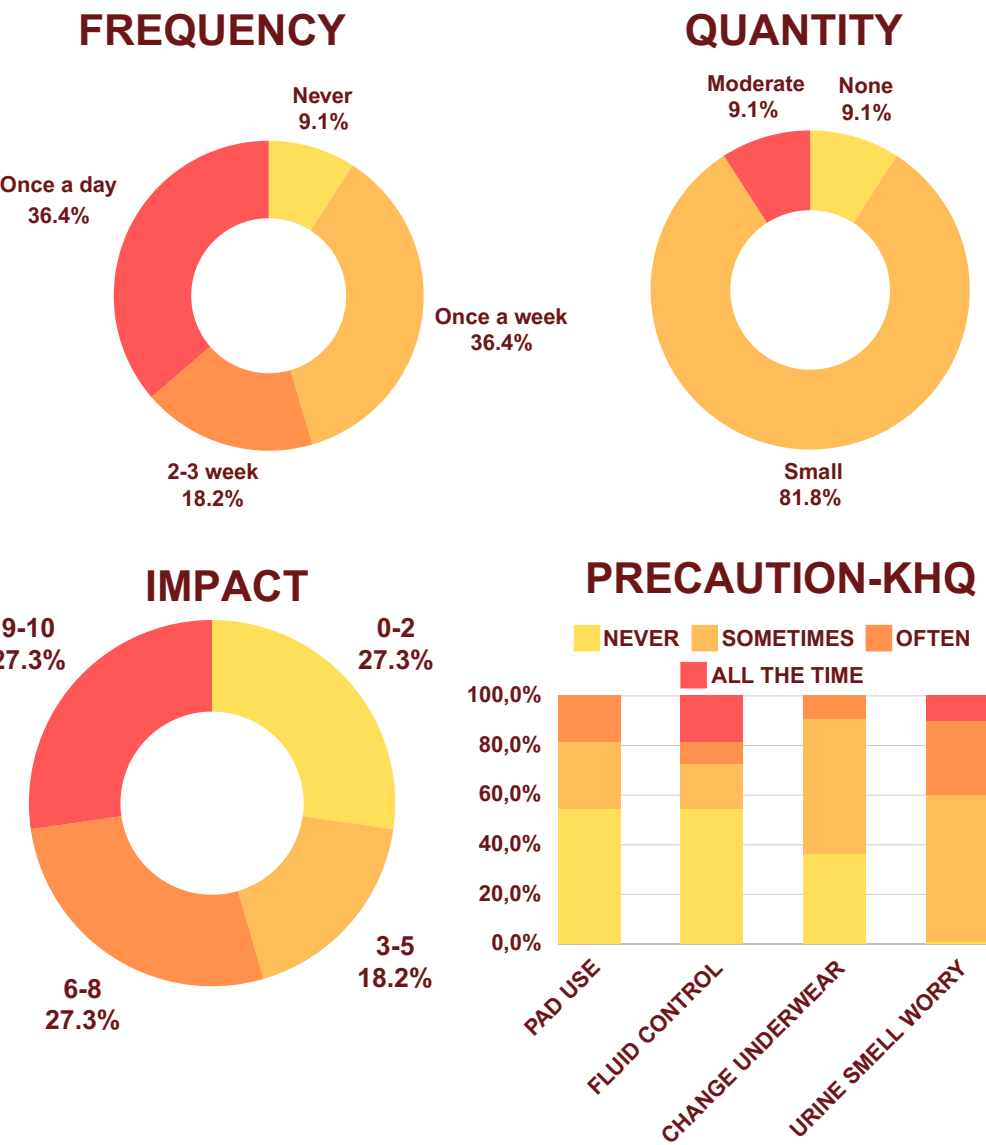


- Women with a BMI > 25
- Regular smokers
- Women with chronic conditions (such as: Diabetes; Heart disease; Depression; Hypertension; Chronic cough; Constipation; Stroke)
- Women with a history of pelvic injuries
- Women who have already undergone hormone replacement therapy or pelvic floor rehabilitation

RESULTS AND INTERPRETATION



URINARY LEAKAGE - ICIQ-SF



KHQ SCORE		RELATION	
KHQ DOMAIN	MEAN (SD)	ICIQ-SF SCORE X PRACTICE YRS	r = 0.65 (P<0,05)
SEVERITY MEASURES	31.3 (16.3)	ICIQ-SF SCORE X SEVERITY	r = 0.84 (P<0.05)
INCONTINENCE IMPACT	30.3 (26.4)	KHQ EMOTIONS X SOCIAL LIMITATION	r = 0.74 (P<0.05)
GENERAL HEALTH PERCEPTION	13,6 (16.4)		

CONCLUSIONS



REFERENCES

1.Dominski FH. Siqueira TC. Serafim TT. & Andrade A. Perfil de lesões em praticantes de CrossFit: Revisão sistemática. Fisioter Pesqui. 2018; 25(2), 229–239.<https://doi.org/10.1590/1809-2950/17014825022018>

2. Wu JM, Vaughan CP, Goode PS, et al. Prevalence and trends of symptomatic pelvic floor disorders in U.S. women. Obstet Gynecol. 2014;123(1):141-148. doi:10.1097/AOG.0000000000000057

3. Dominguez-Antuña E, Diz JC, Suárez-Iglesias D, Ayán C. Prevalence of urinary incontinence in female CrossFit athletes: a systematic review with meta-analysis. Int Urogynecol J. 2023;34(3):621-634. doi:10.1007/s00192-022-05244-z

4. Álvarez-García C, Doğanay M. The prevalence of urinary incontinence in female CrossFit practitioners: A systematic review and meta-analysis. La prevalencia de incontinencia urinaria en mujeres practicantes de CrossFit: revisión sistemática y metaanálisis. Arch Esp Urol. 2022;75(1):48-59.