

Analysis and association of toilet behavior and urinary dysfunctions in transgender people in Brazil.

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Introduction: Transgender people are those whose gender identity does not correspond to the gender assigned at birth. In this context, the use of public spaces, such as restrooms, can be marked by embarrassment, insecurity, and barriers to access, since the binary model still dictates their use in most cases. Given that access to restrooms is a basic human need, situations that limit this access can have a direct impact on restroom-use behaviors and urinary health. This means that the specific barriers faced by this population shape their toilet behavior, influenced by sociocultural, environmental, and interpersonal factors.

Objective: To analyze the association between toilet behaviors and urinary dysfunction among transgender people in Brazil.

Methods: Exploratory, cross-sectional study with a quantitative approach. Data were collected through an online questionnaire comprising sociodemographic and clinical questions, as well as questions regarding bathroom use, lower urinary tract symptoms (LUTS), and toilet behaviors. The questionnaire also included an open-ended question addressing participants' experiences when using public bathrooms. The LUTS and bathroom behavior assessment tools include the ICIQ-FLUTS or ICIQ-MLUTS and an adapted version of the TB-WEB. Informed consent is integrated into the digital form. The recruitment is conducted online, at events, through LGBTQIAPN+ collectives, and by community representatives. We present descriptive statistics of data collected to date, targeting a sample of 132 participants.

