



Prevalence of Urinary and Fecal Incontinence in Northwest Iran

A Population-Based Cross-Sectional Study

Hadi Mostafaei
Melika Enami Alamdari
Sakineh Hajebrahimi
Hanieh Salehi-Pourmehr

Tabriz University of Medical Sciences
Research Center for Evidence-Based Medicine

1,865
participants

49.8% / 50.2%
men / women

3
provinces

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Urinary & Fecal Incontinence in Northwest Iran

Population-based cross-sectional study

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AIM

Estimate population prevalence of:

- Urinary incontinence (UI)
- Fecal incontinence (FI)
- UI + FI co-occurrence

METHODS

n = 1,865 | age 15–90 y
Urban + rural areas
East Azerbaijan, Ardabil & Zanjan
Validated Persian questionnaires

OVERALL UI

10.9%

Women 18.7% | Men 3.1%
p < 0.001

STRESS UI

9.3%

Women 17.7% | Men 0.8%
p < 0.001

URGE UI

3.2%

Women 3.6% | Men 2.8%
p = 0.359

MIXED UI

1.6% overall • Women 2.7% • Men 0.4% • p < 0.001

FI & DOUBLE INCONTINENCE

FI in women: 0.5% | UI + FI: 2.3% of women

Key message: UI was substantially more prevalent in women; SUI was the dominant subtype. FI and double incontinence were less common but clinically relevant.