

WORRY BEHAVIORS PREDICT LUTS IN OAB VIA URINARY CUE SENSITIVITY

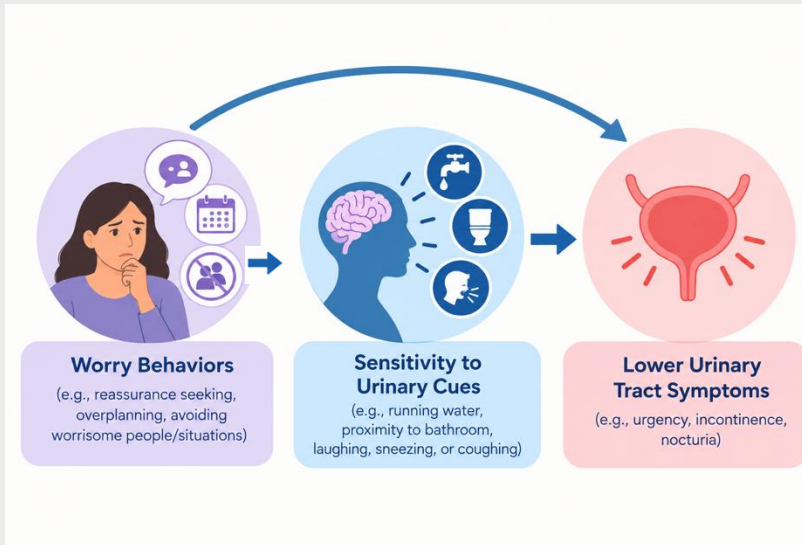
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www.ics.org/2026/abstract/28201

Introduction

- Anxiety symptoms are prevalent in overactive bladder (OAB) and can worsen OAB symptoms.¹
- Many individuals with anxiety engage in “worry behaviors,” avoidance-based strategies that are intended to mitigate symptoms but foster increased sensitivity to anxiety triggers.²
- In the context of OAB, urinary cues may function as anxiety triggers, and reliance on worry behaviors may increase sensitivity to urinary cues, indirectly worsening OAB symptoms.



Aim

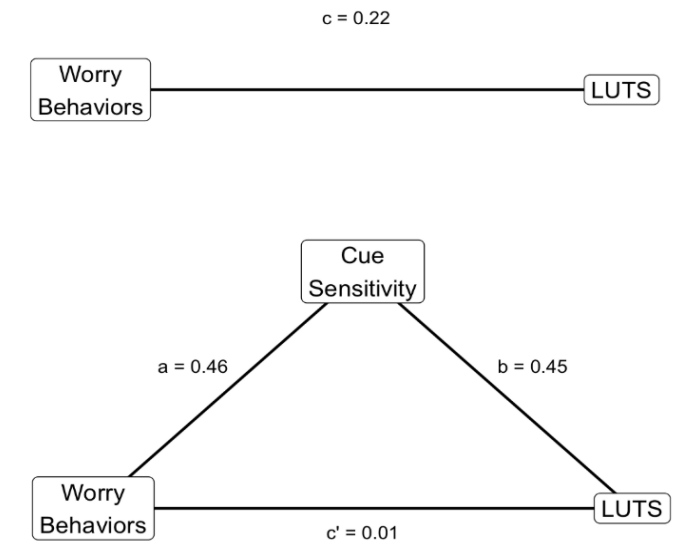
- This study aimed to investigate whether worry behaviors predict increased lower urinary tract symptoms (LUTS) in patients with OAB and whether variance in this relationship is explained by sensitivity to urinary cues.

Method

- 226 adults with OAB from an ongoing prospective cohort study completed validated measures of LUTS, worry behaviors, and urinary cues.

Results

- Worry behaviors significantly predicted LUTS ($b = .31$, $\beta = .22$, $p < .0001$) and urinary cue sensitivity ($b = 1.37$, $\beta = .46$, $p < .0001$).
- When both urinary cues and worry behaviors were included in the model, urinary cues significantly predicted LUTS ($b = .21$, $\beta = .45$, $p < .0001$), but worry behaviors no longer significantly predicted LUTS ($b = .02$, $\beta = .01$, $p = .85$).
- Worry behaviors demonstrated a significant indirect effect on LUTS via urinary cue sensitivity ($b = .29$, Bootstrapped 95% CI [0.19, 0.41]).



Discussion

- Individuals with OAB may experience heightened sensitivity to bodily cues driven by worry behaviors, highlighting potential mechanistic pathways for intervention.
- Worry behaviors may serve as a practical clinical intervention target, and future longitudinal research should explore causal pathways to directly inform interventions.

Disclosures:

This project was supported by NIH (NIDDK) awards DK129624, DK128293 and CTSA award No.UL1 TR002243 from the National Center for Advancing Translational Sciences.

References

