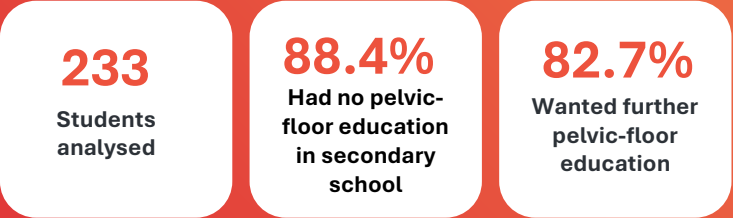


Knowledge of Modifiable Lifestyle Risk Factors for Pelvic Floor Dysfunction Among University Students

MAIN FINDING

Students understood general lifestyle concepts, but awareness of obesity and constipation as pelvic floor risk factors was limited.



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WHY THIS MATTERS

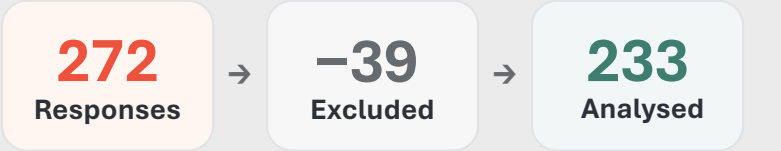
Pelvic floor dysfunction (PFD) affects urinary, bowel and sexual function. Obesity and chronic constipation are modifiable risk factors, yet awareness among young adults remains poorly studied.

STUDY DESIGN

Anonymous online survey • UCC • 2021–2022

- All full- and part-time UCC students were eligible
- Study-specific survey; pilot tested in 16 students
- Chi-square comparisons: College of Medicine and Health vs other disciplines; age 18–24 vs ≥25 years

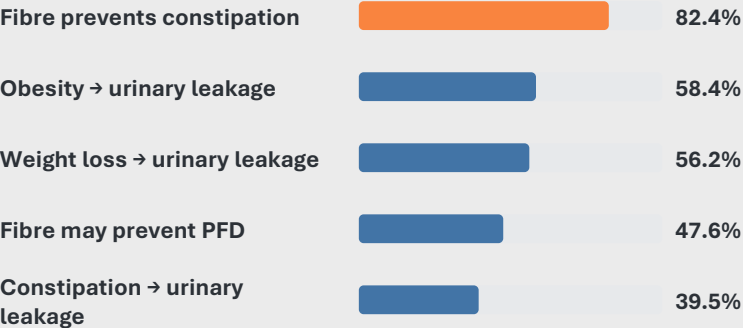
PARTICIPANT FLOW



Exclusions: incomplete (20), gender not disclosed (10), no consent (9)

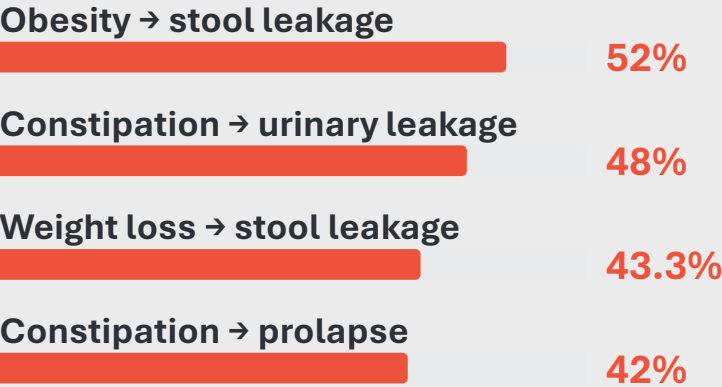
CORRECT RESPONSES

General knowledge was stronger than lifestyle–pelvic floor links.



UNCERTAINTY WAS COMMON

Large proportions selected “I don’t know” when asked about lifestyle–pelvic floor associations.



WHO KNEW MORE?

Healthcare students had higher knowledge

- Greater knowledge of pelvic floor anatomy, function, PFD components, and most lifestyle-related risk factors
- Participants aged ≥25 years had better knowledge of PFD components (p = 0.002), with no other significant age-related differences
- No significant gender differences were observed across assessed domains

TAKE-HOME

Earlier education may help bridge this gap.

Integrating pelvic floor health into nutrition and lifestyle education, supported by credible digital dissemination, may strengthen preventive awareness.