

Psychosocial determinants of daily and social functioning in women with urinary incontinence

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BACKGROUND

- Urinary incontinence (UI) affects up to **half of menopausal women**.
- Beyond physical symptoms it brings insecurity, shame, depression and **social isolation** [1].
- Willingness to do home chores sustains independence; social and outdoor activity sustains emotional well-being.

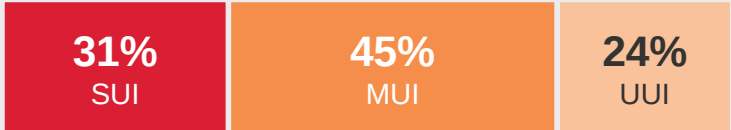
AIM

To identify the factors most strongly shaping daily and social functioning, and to assess the weight of **modifiable** factors.

METHODS

- **87 adult women** with moderate or severe UI
- Questionnaires: **UDI-6, I-QOL, IIQ-7**
- Medical history screening and gynaecological examination

Type of UI (n = 87)



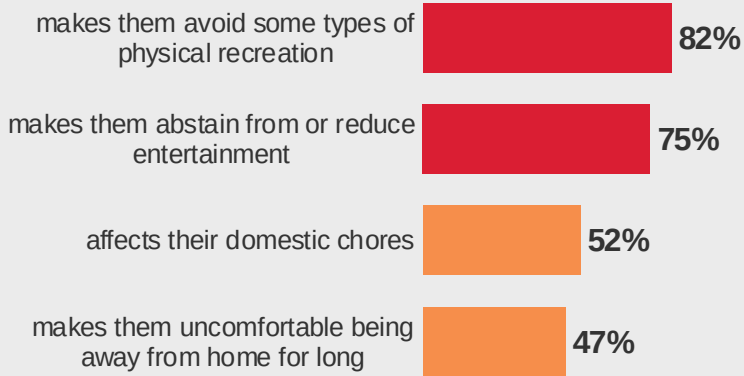
SUI – stress, MUI – mixed, UUI – urgency urinary incontinence

Ethics: approved by the Wrocław Medical University Ethics Committee; conducted according to the Declaration of Helsinki; informed consent obtained.

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RESULTS

Women reporting that leakage...



Significant associations

Factor	Outcome	p
Higher BMI	Avoiding social interactions	0.01
Higher BMI	Feeling helpless	0.03
Depression	Thinking about UI more often	0.027
Lower fluid intake (SUI)	Better I-QOL score	0.04

Fluid volume was not associated with limiting behaviour, psychosocial impact or social embarrassment in SUI, UUI or MUI – consistent with deliberate, goal-oriented drinking [2].

CONCLUSION

Modifiable factors – particularly **BMI** and **depressive symptoms** – shape the psychosocial burden of UI and call for integrated, multidisciplinary management.

1. Debus G, Kästner R. Geburtshilfe Frauenheilkd. 2015;75(2):165–169.
2. Pavlovská O, et al. Prz Menopauzalny. 2025;24(4):244–250.