

Knowledge, Attitudes, and Practices Regarding Urinary Tract Infections Among Women in the United Arab Emirates

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Background:

Urinary tract infections are a worldwide public health concern. Women being more prone to it than men, as approximately more than 60% of females experience at least one UTI in their lifetime.

There have been several studies that explore the knowledge, attitudes, and practices of women regarding UTIs in different countries and in the region, but no such study has been conducted in the UAE

Methods:

Cross-sectional survey
Sample size: 475 participants.
online questionnaire with 21 items divided into four sections: demographics, knowledge, attitudes, and practices.
A knowledge score was calculated based on responses, participants into poor, moderate, or high knowledge.
Data analyzed using SPSS

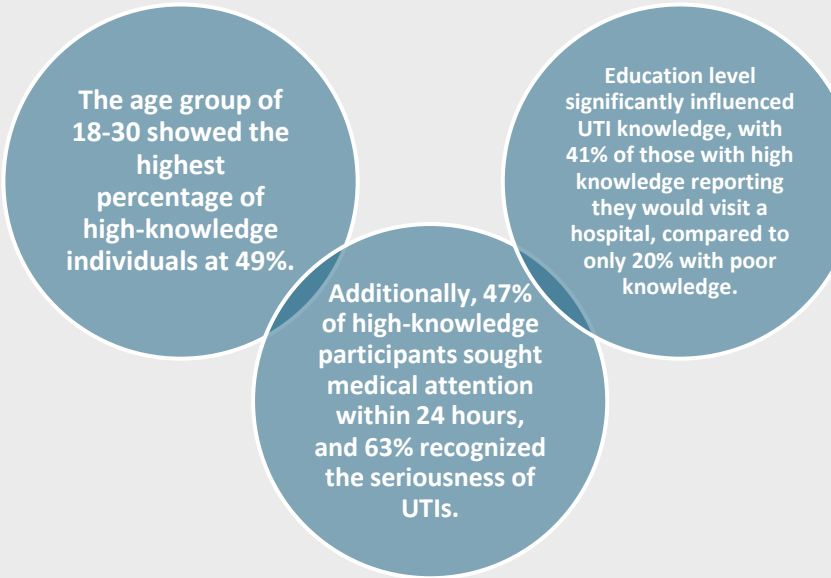
165 Table 5: Ranking of the Outcomes of Consultation

Outcome of Consultation	N	% prioritized as the most important	Mean Score
Confirmation of UTI diagnosis	75	44	1.71
Pain relief	48	28	2.49
Obtaining advice on when to contact a GP	43	25	2.74
Obtaining an antibiotic prescription	5	3	3.04

Results:

- Surprisingly, 18.7% of participants had minimal knowledge about UTIs, having never heard the term.
- However, most respondents could identify the common causes, symptoms, and preventive measures for UTIs, indicating a generally good level of knowledge.
- Regarding attitudes, 46.1% viewed UTIs as serious, and 69.6% believed visiting a healthcare provider was the best first step.

Some interesting trends:



Conclusion:

Our study found that most respondents had adequate knowledge about UTIs, reflecting substantial awareness and appropriate behavioral patterns among women in the UAE. Higher knowledge levels were linked to proactive health behaviors, such as seeking prompt medical attention and increasing water intake. These results suggest that continued education on UTIs could further enhance awareness and health-seeking behaviors in this population.