

SOCIODEMOGRAPHIC AND LIFESTYLE FACTORS AFFECTING THE SELF-PERCEPTION PERIOD OF LOWER URINARY TRACT SYMPTOMS OF INTERNATIONAL PROSTATE SYMPTOM SCORE ITEMS

Hypothesis / aims of study

The association between self-perception period of LUTS and the progression of LUTS has been documented by our previous study. The aim of this study is to investigate the influence of sociodemographic and lifestyle factors on the LUTS self-perception period and International Prostate Symptom Score (IPSS).

Study design, materials and methods

This cross-sectional study examined 209 men aged ≥ 40 years with nontreated LUTS who participated in a prostate examination survey. Questions included IPSS items with self-perception periods for each item. Sociodemographic and lifestyle factors were also assessed. Participants were divided by mild LUTS (IPSS less than 8) and moderate to severe LUTS (IPSS 8 or higher).

Results

Self-perception period of the moderate to severe LUTS ($n = 110$) was affected by BMI; the self-perception period of the mild LUTS ($n = 90$) was affected by age, income, occupation and concomitant disease. Multivariate analysis of IPSS revealed that moderate to severe LUTS were affected by self-perception period ($P = 0.03$). Self-perception period was affected by concern for health ($P = 0.005$) by multivariate analysis, and self-perception period of mild LUTS was affected by BMI ($P = 0.012$). Moderate to severe LUTS were affected by age, number of family members, and concern for health and drinking ($P = 0.026, 0.019, 0.034, 0.025$, respectively) by multivariate analysis.

Interpretation of results

Moderate to severe LUTS were affected by self-perception period. Self-perception period was affected by concern for health, and self-perception period of mild LUTS was affected by BMI. Moderate to severe LUTS were affected by age, number of family members, and concern for health and drinking ($P = 0.026, 0.019, 0.034, 0.025$, respectively).

Concluding message

LUTS was affected by self-perception period. In moderate to severe LUTS, age and concern for health and drinking were affecting factors of self-perception period. Public awareness with consideration of these sociodemographic and lifestyle factors is needed to shorten the LUTS self-perception period.

Table. Multivariate analysis for self-perception period

Factors	Self-perception period			Self-perception period of moderate to severe LUTS			Self-perception period of mild LUTS		
	Estimate	Standard error	P value	Estimate	Standard error	P value	Estimate	Standard error	P value
Age (years)	0.136	0.078	.085	2.095	0.921	.026*	-0.027	0.034	.427
School Income (USD)	-0.033	0.611	.957	-2.014	6.660	.763	-0.277	0.275	.318
No. of family members	-0.022	0.794	.978	-11.399	8.787	.199	-0.347	0.358	.334
Concern for health	-0.273	0.605	.652	15.340	6.411	.019*	-0.466	0.279	.100
Occupation	-1.984	0.699	.005*	-14.720	6.798	.034*	-0.130	0.320	.686
BMI	-2.364	1.809	.193	-3.064	21.897	.889	-0.066	0.798	.934
Drinking (frequency)	0.166	0.183	.366	0.660	1.879	.726	-0.225	0.088	.012*
	1.531	0.398	.060	20.837	9.089	.025*	0.576	0.371	.125

Numbers may not sum to total subject because of to missing information.

IPSS, International Prostate Symptom Score; LUTS, lower urinary tract symptom.

*Statistically significant factors using multivariate regression model. $R^2=0.4463, 0.3149, 0.2580$, respectively.

References

1. Shim SR, Kim JH, Kim KH, Yoon SJ, Lee WJ, Kim HJ, Bae JH. Association between the Self-Perception Period of Lower Urinary Tract Symptoms and the International Prostate Symptom Score Urol Int. 2012 Mar 8. Epub ahead of print

Disclosures

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