

URINARY INCONTINENCE PREVELANS, QUALITY OF LIFE AND AWARENESS SITUATIONS OF INDIVIDUALS IN A MUSLIM COMMUNITY

Hypothesis / aims of study

Incontinence is a social disease with physical effects and acceptance of cultural problems. Because of incontinence is seen as weakness and inability in traditional societies, societal perception is not considered as a problem. The aim of this study is to examine prevalence of urinary incontinence, awareness of urinary incontinence, whether they consider this a problem as a health problem and quality of life of persons with urinary incontinence.

Study design, materials and methods

This descriptive relationship seker study was carried out with 637 individuals who applied to Family Health Center in city of North of Turkey. Data of the study were collected through descriptive question form, UDI-6 form and "Incontinence Awareness Scale". The collected data was analyzed using descriptive statistics, t test, anova and correlation analysis.

Results

74.3% of participants were female and the meanage was 30.18 ± 12.27 (min:18; max:65). 35.6% of the individuals experienced involuntary incontinence problem. 66.1% of people who experienced urinary incontinence did not do anything when they first missed urine. There was a statistically significant difference between urinary incontinence status and subscales of the factors that prevent acceptance as a health problem ($p<0.001$), coping with urinary incontinence ($p<0.01$) and fear of urinating ($p<0.01$). People with urinary incontinence are increasing their UDI-6 total score ($p<0.001$). It was determined that the UDI-6 total score of people with urinary incontinence was higher. There was a negative and weak correlation between the UDI-6 scale total score average and the urinary incontinence awareness scale subscales total point average.

Interpretation of results:

It was determined that the participant's awareness of all subscales of urinary incontinence was moderate. In the study, it was determined that the quality of life of the persons with urinary incontinent problem was worse, also Urinary incontinence awerwness scale subscales of the factors affecting the acceptance as health problem, the fear of urinary incontinence and urinary incontinence were lower. People with low quality of life are more aware of incontinence. People who low quality of life of incontinence awareness were more high.

Concluding message

Incontinence which is a cultural issue can be perceived differently in different societies. Therefore, it could be suggested to do some studies to increase the awareness of urinary incontinence.

Disclosures

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