

## THE PREVALENCE OF URINARY SYMPTOMS AND THE DISEASE SPECIFIC QUALITY OF LIFE IMPAIRMENT IN HONG KONG CHINESE WOMEN

### Aims of Study

The aim of the study is to establish the prevalence of urinary symptoms in Hong Kong Chinese women using a validated Chinese version of Urogenital Distress Inventory (UDI-6) [1,2]. The impact on the quality of life as a result of the urinary symptoms is assessed by a validated Chinese version of Incontinence Impact Questionnaire (IIQ-7) [1,2].

### Methods

A territory-wide telephone survey was performed. A list of randomly generated residential telephone line numbers was used. Female respondent or female member within the household were invited to participate in the survey. The baseline demographic information, the response to the validated Chinese version of UDI-6 and IIQ-7 were obtained. Each telephone line was dialled 6 times (from 9am to 9pm) until it is regarded as no response. The prevalence of urinary symptoms was quantified with UDI-6 into 3 domains (irritative symptoms, stress symptoms, obstruction/discomfort symptoms). The impact on the quality of life was quantified with IIQ-7 into 4 domains (physical limitation, social limitation, travel limitation, emotional limitation)

### Results

Demographic details:

Three thousand telephone lines were attempted. The number of valid response was 303 (10.1%). The mean age was 39.0(SD 15.5). [Age 10 to 20: 15.2%; Age  $\geq$ 20 to < 50: 59.4%; Age  $\geq$  50: 25.4%]. Nineteen percent of the valid respondents were menopausal. Sixty-two percent of the respondent were multiparous.

Prevalence of urinary symptoms:

Thirty-three percent of the respondent reported as least 1 of the symptoms in UDI-6. 19.5% (out of total respondents) reported irritative symptoms. The corresponding figure for stress symptoms and obstruction/discomfort symptoms were 22.8% and 8.4% respectively.

Effects of urinary symptoms on quality of life measurements:

Nine percent of the respondent reported limitation in at least 1 of the domains in IIQ-7. Six percent had physical activity limitation, 4.9% had social activity limitation, 3.6% had emotional limitation and 1.3% had limitation in travel. Among these respondents, only 1 respondent reported moderate limitation in physical activity and another respondent reported moderate limitation in social activity. The others had slight impairment only.

### Conclusions

Urinary symptoms are extremely common in the Hong Kong Chinese women. One third of the women who had urinary symptoms suffered from some impairment in the quality of life. The impairment in the quality of life is generally mild.

### References

1. Leung HY, Yip SK, Lee TS et al. Quality of life measurement in Chinese women with urinary incontinence: a reliability, responsiveness and validity study. Report to Health Services Research Committee 2001.
2. Uebersax JS, Wyman JF, Shumaker SA et al. Short forms to assess life quality and symptom distress

for urinary incontinence in women: the Incontinence Impact Questionnaire and the Urogenital Distress Inventory. *Neurol Urodyn* 1995; 14: 131.