

## DOES “MILITARY SELECTION” CORRELATE TO THE SPHINCTER MATURATION DISTURBANCES DURING CHILDHOOD? A QUESTIONNAIRE-BASED SURVEY IN 218 YOUNG ADULTS

### Hypothesis / aims of study

The aim of the study is to identify if young adults that were submitted to the military personnel selection process, differ from the general population of the same age and educational level, in matters of the sphincter maturation process and its disturbances during childhood.

### Study design, materials and methods

The study group consisted of 112 university students (46 men, 66 women, mean age=20,41 range 18-24 years), who were subjected to special selection for military professional (officer) career prior to admission.

The criteria were somatometric (height, weight) and physical (ability to perform sports at specific cutoff records, absence of any physical disability, no medical and psychiatric disorder) according to the armed forces regulations. 106 civilian students of the same schools of the university (60 men, 46 women mean age=21,38, range 18-27 years) were used as control group.

The two groups completed a questionnaire that included information concerning diurnal and nocturnal sphincter maturation age, severity of possible nocturnal enuresis and diurnal bladder storage problems during childhood.

Statistical analysis of the data was done with the Mann-Whitney non-parametric test for independent samples (SPSS® Ver. 16.02)

### Results

Nocturnal voiding control was found to be restored earlier in the control group (civilian students) at a statistically significant level ( $p=0.03$ ) and the same was found for diurnal voiding control at a marginally but not statistically significant level ( $p=0.055$ ). Regarding all the other parameters tested (age of diurnal and nocturnal bowel control, occurrence and severity of nocturnal enuresis and diurnal storage bladder symptoms during childhood) no significant difference was found between the study and control groups.

### Interpretation of results

The correlation of the physical and mental status in adulthood with the bladder storage disturbances during childhood has not been studied, as no relevant publication was found.

“Physically selected” individuals in order to be admitted for professional military career, do not significantly differ from non-selected coming from the general population of the same age and educational level, in matters of both the age of sphincter control restoration process and its disturbances during childhood.

### Concluding message

The sphincter control maturation process, though possibly predetermined by genetical influence, seems to be independent of the future physical and mental status of the child.

<b><i>Specify source of funding or grant</i></b>	<b>none</b>
<b><i>Is this a clinical trial?</i></b>	<b>No</b>
<b><i>What were the subjects in the study?</i></b>	<b>HUMAN</b>
<b><i>Was this study approved by an ethics committee?</i></b>	<b>Yes</b>
<b><i>Specify Name of Ethics Committee</i></b>	<b>"G. Gennimatas" Hospital Scientific Committee</b>
<b><i>Was the Declaration of Helsinki followed?</i></b>	<b>Yes</b>
<b><i>Was informed consent obtained from the patients?</i></b>	<b>Yes</b>