Questionnaire

Please complete all questions. Do not leave any questions blank. For each question, mark the box that most accurately describes how often you experience your symptoms.

Do you leak urine (even small drops), wet yourself, or wet your pads or undergarments...

	None of the time	Rarely	Once in a while	Often	Most of the time	All of the time	
1. When you cough, laugh, or sneeze?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	Stress Incontinence Subscale Score
2. When you bend down or lift something up?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	
3. When you walk quickly, jog, or exercise?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	Total: _____
4. While you are undressing to use the toilet?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	Urge Incontinence Subscale Score
5. Do you get such a strong and uncomfortable need to urinate that you leak (even small drops) or wet yourself before reaching the toilet?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	
6. Do you have to rush to the bathroom because you get a sudden, strong need to urinate?	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	Total: _____

Questionnaire for Urinary Incontinence Assessment.[1]

This measure is a 6-item questionnaire for female urinary incontinence used to determine incontinence type. It has been found to be reliable, and to be able to distinguish with accuracy between stress urinary incontinence and urge urinary incontience in a referral patient population.[1] The six questions ask the woman about the nature of her urinary leakage (i.e. when and how often it occurs). The first three questions make up the stress incontinence subscale and the last three questions make up the urge incontinence subscale. A 6-point Likert-type response format ranging from 0 (none of the time) to 5 (all of the time) is used for each question. By adding the values on each question in the stress and urge subscales the type of incontinence can be determined. Women are asked all of the questions and none are left unanswered.

Women with a **stress subscale score ≥ 4** (questions 1, 2, and 3) have **stress incontinence** and those with an **urge subscale score ≥ 6** (questions 4, 5, and 6) have **urge incontinence**. Women should be considered to have mixed incontinence if both subscale scores are above the optimal cut-off values.

[1]Bradley CS, Rovner ES, Morgan MA, Berlin M, Novi JM, Shea JA, Ayra LA. A new questionnaire for urinary incontinence diagnosis in women: Development and testing. Am J Obstet Gynecol 2005; 192:66-73

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