

PARURESIS

Hypothesis / aims of study

Paruresis or shy bladder syndrome (1), is a not well known entity by most patients and healthcare professionals. It is estimated that this voiding disorder affects approximately 7% (2) of the population. It is a social anxiety disorder characterized by difficulty or inability to urinate in public, under pressure of time or in a moving vehicle. This pathology makes interference and malaise in the daily life of patients. Given the characteristics of this disorder, many patients come to consult a urologist throughout their lives, for this reason we want to evaluate the prevalence of this syndrome in patients of urology consultations.

Study design, materials and methods

We performed a cross-sectional study of this entity, it was carried out in patients attending to urology consultation in our hospital, who consulted for another reason. We delivered an anonymous and validated questionnaire (3) for the diagnosis of this pathology.

The test has 19 multi-response items, valued from 1 to 4 on an increasing scale of symptomatology. It is necessary to obtain more than 30 points in the questionnaire to be diagnosed as having shy bladder syndrome. And 3 questions were added for screening of organic pathology: previous urinary pathology, association with mental illness or erectile dysfunction, sex and age. The study was carried out between January and June 2016 and analyzed with SPSS 22.0

Results

A total of 56 questionnaires were delivered, all of them were correctly answered. The median age of the interviewees was 55 years and 73% of them were men.

30% of all respondents had a diagnosis of paruresis, 59% of the diagnosed patients were men, and 29% of them were associated with an organic disease and 60% of the men diagnosed were associated with erectile dysfunction.

The median ages of people with paruresis were 50 years old with an average score between 23 and 41.3 points in the test.

Interpretation of results

It is a relatively frequent syndrome among urology's patients consultations in our center, and it may be underdiagnosed.

Concluding message

Knowing the prevalence and characteristics of this syndrome will help us to identify better patients with this disorder and they potentially would benefit with the treatment.

References

1. Prunas A. Shy bladder syndrome. Riv Psichiatr. 2013 Jul-Aug;48(4):345-53.
2. Soifer S, Nicaise G, Chancellor M, Gordon D. Paruresis or shy bladder syndrome: an unknown urologic malady? Urol Nurs. 2009 Mar-Apr;29(2):87-93.
3. Deacon BJ, Lickel JJ, Abramowitz JS, McGrath PB. Development and validation of the shy bladder scale. Cogn Behav Ther. 2012;41(3):251-60.

Disclosures

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