



Urinary incontinence among Jordanian women: Prevalence, types and associated factors



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Introduction

Urinary incontinence (UI) is a prevalent condition and has a negative impact on quality of life. Data about UI among Jordanian women is lacking; therefore, we aimed to investigate the prevalence, types and associated factors among Jordanian women.

Design

A prospective observational nationwide web- based survey .

Methods

- Women who is 18 years or more and have UI for at least six weeks were invited.
- Data collected included womens 'charactarestics, and information about UI types and associated factors.
- We observed discrepancies in responses to questions on UI
- These three questions were :
 - 1- "do you have UI?"
 - 2- "how often do you have UI?"
 - 3- "how much urine do you usually leak?"
- Women categorized into three groups;
 - 1- "consistent reporting of the presence of UI" (i.e., in all the three questions on UI the presence was confirmed),
 - 2- "consistent reporting of the absence of UI". (i.e.: in the three questions the absence was confirmed)
 - 3- "inconsistent reporting of UI" (i.e., in one or two questions on UI women reported not having UI).
- associated factors were studied using logistic regression analyses with UI as the dependent variable.

Results

- A total of 2,214 women responded to the questionnaire.
- 96 were excluded because they were pregnant, therefore the data of 2118 women were analysed.
- The median age (range) was 40 (18-85) years.
- The results showed that 64.1% of the women consistently reported having UI.
- Additionally, UII, SUI and MUI were all more prevalent in the age group of 40 - 59 years.
- Having a high school education or lower, limited mobility, and being multiparous increased the likelihood of reporting UI.
- Compared to women with normal BMI; overweight and obese women were 1.9 and 3.6 times more likely to report UI.

Conclusion

The prevalence of UI among Jordanian women is 64.1%, Age, Parity BMI, lower educational level and limited mobility are all associated factors with UI.