INCONTINENCE QUALITY OF LIFE QUESTIONNAIRE (I-QOL)

Please provide the most appropriate answer to the following questions

1. I worry about not getting to the toilet in time.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

2. I am afraid of coughing or sneezing.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

3. I need to be careful when getting up from a seated position.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

4. I worry about where the toilet is in new places I visit.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

5. I feel unhappy / sad.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

6. I do not feel comfortable leaving my home for long periods.

7. I am frustrated because my urinary problem prevents me from doing what I want.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

8. I worry about others smelling/ noticing urine odour on me.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

9. I always have urine leakage on my mind.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

10. It is important for me to go to the toilet frequently.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

11. It is important for me to plan every detail in advance because of my urine leakage.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

12. I am afraid that my urine leakage will worsen as I get older.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

13. I have trouble sleeping at night.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

14. I worry about being embarrassed and humiliated because of my urine leakage.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

15. I feel like I am not a healthy person because of my urine leakage.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

16. I feel helpless because of my urine leakage.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

17. I enjoy life less because of my urine leakage.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

18. I am afraid of wetting myself.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

19. I feel like I have no control over my bladder. I feel like I have no control over my bladder at all.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

20. I need to control the amount of fluid I take. I need to monitor what I drink.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

21. My urine leakage limits my choice of clothing.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

22. I am afraid of having sexual intercourse.

1) A lot 2) Quite a bit 3) Moderately 4) A little 5) Not at all

Özerdoğan, N., Beji, N. K., & Yalçın, Ö. (2004). Urinary Incontinence: Its Prevalence, Risk Factors and Effects on the Quality of Life of Women Living in a Region of Turkey. Gynecologic and Obstetric Investigation, 58(3), 145150. https://doi.org/10.1159/000079422