

Urogenital Distress Inventory (UDI-6 Short Form): UDI-6

- 1) Do you usually experience frequent urination? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 2) Do you usually experience urine leakage associated with a feeling of urgency; that is, a strong sensation of needing to go to the bathroom? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 3) Do you usually experience urine leakage related to coughing, sneezing, or laughing? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 4) Do you experience small amounts of urine leakage (that is, drops)? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 5) Do you experience difficulty emptying your bladder? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 6) Do you usually experience pain or discomfort in the lower abdomen or genital region? Yes No
 If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
 If yes, then is your pain relieved after emptying your bladder? Yes No

No= 0, Not at all= 1, Somewhat= 2, Moderately= 3, Quite a bit= 4

Obtain the mean value of all the answered items then multiply by 25 for the scale score

Missing items are dealt with by using the mean from the answered items only

Uebersax JS, Wyman JF, Shumaker SA, McClish DK, Fantl AJ. Short forms to assess life quality and symptom distress for urinary incontinence in women: the incontinence impact questionnaire and the urogenital distress inventory. *Neurourol and Urodynam* 1995;14:131-139.

Grade A rating for symptoms of UI for women

Donavan J, et al Symptom and quality of life assessment. In Incontinence vol 1 Basics and Evaluation eds Abrams P, Cardozo L, Khoury S, Wein A. Health Publications Ltd Paris France 2005.