

## URINARY INCONTINENCE & FREQUENCY COMFORT QUESTIONNAIRE–TURKISH VERSION

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Thank you for your attention to our study of your feelings about urinary incontinence. Below, there are statements related to your feelings/emotions. There are six levels of response. Please circle the number that expresses your feelings best.

Strongly Strongly

Agree Disagree

1- I feel good about myself 6 5 4 3 2 1

2- Talking to people about my bladder/urinary problems makes me feel good 6 5 4 3 2 1

3- Because of my bladder/urinary problems, while away from my home the possibility of being unable to find a toilet makes me anxious 6 5 4 3 2 1

4- As I was in the past, I find myself physically attractive 6 5 4 3 2 1

5- I feel tense 6 5 4 3 2 1

6- Because of my bladder/urinary problems, I am scared of visiting my family and my friends 6 5 4 3 2 1

7- I need more information about my bladder/ urinary problems 6 5 4 3 2 1

8- My bladder/ urinary problems is in my mind all the time 6 5 4 3 2 1

9- I know some others who have this problems 6 5 4 3 2 1

10- I am tired of urinary problems 6 5 4 3 2 1

11- I am able to cope with my bladder/urinary problems 6 5 4 3 2 1

12- My home smells clean 6 5 4 3 2 1

13- I can sleep well 6 5 4 3 2 1

14- Nowadays life is a struggle for me 6 5 4 3 2 1

15- I enjoy going shopping 6 5 4 3 2 1

16- I think that my life is meaningful 6 5 4 3 2 1

17- Urinary incontinence is a problem that I can cope with 6 5 4 3 2 1

18- Going out makes me both anxious and fearful 6 5 4 3 2 1

19- I am scared of what will happen in the future 6 5 4 3 2 1

20- Nobody understands me 6 5 4 3 2 1

21- I drink very little liquid. 6 5 4 3 2 1

22- I feel that I can not control myself 6 5 4 3 2 1

23- I have a special person who, I feel, care for me 6 5 4 3 2 1

24- I enjoy hosting people in my home 6 5 4 3 2 1

25- I feel my self physically fit 6 5 4 3 2 1

26- I am aware that how different drinks (tea, coffee, water, etc.) will affect my bladder. 6 5 4 3 2 1

27- I feel myself clean and fresh 6 5 4 3 2 1

28- The activities in my life are important for me 6 5 4 3 2 1

<RINER İNKONTİNANS & <RINER SIKLIK KONFOR SKALASI

İdrar kaÄirma ile ilgili duygularinizi belirlemek amacıyla yapılan bu Aalismaya izin verdiginiz iÄin tesekk, r ederiz. Asagida duygularinizla ilgili ifadeler vardir. Her bir ifade birden altiya

- kadar derecelendirilmiştir, l,tfen duygularınıza Áogunlukla uyan sayiyi daire iÁine aliniz.
- Kesinlikle Kesinlikle katiliyorum katilmiyorum
- 1- Kendimi iyi hissediyorum 6 5 4 3 2 1
- 2- Mesane problemlerim (idrar kaÁirma ve sik idrara Áikma) hakkında insanlarla konusmak beni rahatlatiyor 6 5 4 3 2 1
- 3- Mesane problemlerim (idrar kaÁirma ve sik idrara Áikma) nedeniyle evden disariÁiktigimda tuvalet bulamama d,s,ncesi beni endiselendiriyor 6 5 4 3 2 1
- 4- Kendimi her zaman oldugu gibi fiziksel olarak Áekici buluyorum 6 5 4 3 2 1
- 5-Kendimi gergin hissediyorum 6 5 4 3 2 1
- 6- Mesane problemlerim (idrar kaÁirma ve sik idrara Áikma) nedeniyle ailemi veya arkadaslarimi ziyarete gitmekten korkuyorum 6 5 4 3 2 1
- 7- Mesane problemlerimle (idrar kaÁirma ve sik idrara Áikma) ilgili daha fazla bilgiye ihtiyaÁ duyuyorum 6 5 4 3 2 1
- 8- Mesane problemlerim (idrar kaÁirma ve sik idrara Áikma) s,rekli beynimi mesgul ediyor 6 5 4 3 2 1
- 9- Mesane problemleri (idrar kaÁirma ve sik idrara Áikma) olan baskalarini da tanıyorum 6 5 4 3 2 1
- 10- Mesane problemlerimden (idrar kaÁirma ve sik idrara Áikma) biktim -usandim 6 5 4 3 2 1
- 11- Mesane problemlerimle (idrar kaÁirma ve sik idrara Áikma) basa Áikabiliyorum 6 5 4 3 2 1
- 12- Evim temiz kokuyor 6 5 4 3 2 1
- 13- Iyi uyuyabiliyorum 6 5 4 3 2 1
- 14- Su siralarda hayatim benim iÁin m,cadele dolu 6 5 4 3 2 1
- 15- Alisverise gitmekten hoslanıyorum 6 5 4 3 2 1
- 16- Hayatimda bir Áok seyi anlamlı buluyorum 6 5 4 3 2 1
- 17- Idrar kaÁirma basa Áikabileceğim bir sorun 6 5 4 3 2 1
- 18- Evden disariya Áikmak beni hem endiselendiriyor, hem de korkutuyor 6 5 4 3 2 1
- 19- Gelecekte olacaklardan (neler olacagindan) korkuyorum 6 5 4 3 2 1
- 20- Beni hiÁ kimse anlamiyor 6 5 4 3 2 1
- 21- «ok az sivi iÁiyorum 6 5 4 3 2 1
- 22- Kendimi kontrol edemedigimi hissediyorum 6 5 4 3 2 1
- 23- Bana ilgilenildigim duygusu veren ^zel biri var 6 5 4 3 2 1
- 24- Evimde misafir agirlamaktan zevk alıyorum 6 5 4 3 2 1
- 25- Fiziksel olarak kendimi formda hissediyorum 6 5 4 3 2 1
- 26- Farkli iÁeceklerin (Áay, kahve, su vb.) mesanemi nasıl etkileyeceğini biliyorum 6 5 4 3 2 1
- 27- Kendimi temiz ve ferah hissediyorum 6 5 4 3 2 1
- 28- Yasamimdaki aktiviteler benim iÁin ^nemli 6 5 4 3 2 1

Scale was made only language validation. Turkish community adaptation of URINARY INCONTINENCE& FREQUENCY COMFORT QUESTIONNAIRE at the translation stage included the following the protocol steps: 1) Initial translation of the English version of the questionnaire into Turkish preferably by a bilingual native speaker of the Turkish language. 2) Back translation into English preferably by a bilingual native English speaker, who was not involved in the first translation stage (actually in this stage of study was performed by a bilingual native Turkish speaker, who was not involved in the first translation stage.) We change something according to same proposal.

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