E-Poster

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The Impact of Nocturnal Enuresis on Caregivers: Burden and Psychological Well-Being

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Nocturnal enuresis (NE), commonly known as bedwetting, is characterized by involuntary urination during sleep at least twice a week in children over five years of age, persisting for a minimum of three months. This study aimed to assess the burden experienced by caregivers of children with NE and its effect on their psychological well-being.

METHODS

It's a prospective study including 85 patients over five years old undergoing treatment for primary NE. The impact on caregivers was assessed using the french version of Zarit Burden Interview (ZBI) and the Hamilton Depression Scale (HAM-D), while children's enuresis patterns were evaluated through a voiding diary. Caregivers of children with additional lower urinary tract symptoms or other comorbidities, as well as caregivers with pre-existing psychological health conditions, were excluded from the study.

RESULTS

The average age of children was 8.7 years [6 -15 years], with 80% coming from low-income families and 35.3% having a family history of enuresis. The mean duration of enuresis was 4.3 years, and all children were receiving simple behavioral interventions, such as reward-based strategies and scheduled nighttime awakenings for urination. According to voiding diary records, 69.4% of children experienced nocturnal enuresis daily.

The mean age of caregivers was 34.6 years, with 94.1% of mothers. The average score on the Zarit Burden Interview was 63.2, with 68.2% of caregivers reporting a lack of personal time due to their caregiving responsibilities. Additionally, 96.2% of mothers felt that their social life was negatively impacted. According to the HAM-D, 35.3% of caregivers experienced mild depression, yet only 7% sought professional help.

CONCLUSION

Healthcare professionals often focus primarily on the patient's quality of life, while overlooking caregiver burden. Further research on anxiety and depression management in caregivers of children with NE is needed. Implementing support strategies for caregivers could improve their well-being and contribute to better adherence to treatment plans for affected children.

Statement of Disclosures

None

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