Oral Communication
OC-535

How Urinary Incontinence Affects the Quality of Life for Moroccan Women

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

Oumaima Boulenouar, Radia Sellami, Abir Lemkadem, Ryme El Beloui, Hasnaa Boutalja, Fatima Lmidmani, Abdellatif El Fatimi

Physical Medicine and Rehabilitation, CHU Ibn Rochd, Casablanca, Morocco

BACKGROUND

Urinary incontinence (UI) is a very prevalent condition among women that significantly impacts their quality of life (QoL). The International Continence Society (ICS) defines UI as the complaint of any involuntary loss of urine. Even though it exists, UI is still not widely acknowledged and treated, thanks to ongoing social stigmas and the misconception that it is part of aging. The condition can manifest itself in forms like stress incontinence, urge incontinence, or mixed incontinence, and each has its own specific requisites for the affected person's management.

Assess the severity of UI among Moroccan women and evaluate the impact of UI on their QoL, including physical, emotional, and social dimensions.

METHODS

Eighty women with urinary incontinence were recruited from our department for a 12-month longitudinal observational study. Participants were between 18 and 65 years old and had a confirmed UI diagnosis. Women with severe cognitive impairments, recent major surgery, or other conditions that could potentially confound the study were excluded. Throughout the study, participants completed standardized questionnaires, their QoL was assessed using the I-QOL scale and the International Consultation on Incontinence Questionnaire-Short Form (ICIQ-SF) was used to evaluate the severity of UI symptoms.

RESULTS

The analysis revealed that women with UI experienced a significantly lower QoL compared to those without UI. The impact was observed across various dimensions, including emotional well-being, social interactions, and physical health. The severity and frequency of UI episodes were found to be the most critical factors influencing the QoL in stress incontinence, mixed incontinence and urge incontinence. Age was also a significant factor, with older women reporting a greater decline in QoL. Severity of incontinence, comorbidities, and access to treatment were found to strongly correlate to the outcomes of QoL.

CONCLUSION

The findings of this study emphasize the profound and sustained negative impact of UI on the QoL among women that affect various aspects of their daily lives. Early diagnosis and personalized treatment plans are essential to improve the overall well-being of affected individuals and enhance their QoL

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.OC-535

Corresponding Author:
Oumaima Boulenouar
Physical Medicine and Rehabilitation, CHU Ibn Rochd, Casablanca, Morocco
Email: oumaima.bln@gmail.com