

**Table 1: Sample characteristics**

Characteristic	N	(%)
All subjects, N	1000	(100%)
Age, median (IQR)	38	(24)
Female, n(%)	760	(76%)
Ethnicity, n(%)		
Chinese	200	(20.0%)
Indian	174	(17.4%)
Malay	595	(59.5%)
Other	31	(3.1%)
Faecal Incontinence	83	(8.3%)
Chronic disease, n(%)	238	(23.8%)
Diabetes mellitus	108	(10.8%)
Hypertension	177	(17.7%)
Hypercholesterolemia	74	(7.4%)
Ischaemic heart disease	24	(2.4%)
Previous operation, n(%)	285	(28.5%)
Pelvic, perineal or anorectal operation	15	(1.5%)
Other operation	270	(27%)
Defaecation frequency, n(%)		
1 – 7 times a week	657	(65.7%)
8 – 15 times a week	244	(24.4%)
16 – 21 times a week	73	(7.3%)
More than 22 times a week	26	(2.6%)
Defaecation duration, n(%)		
1 – 5 minutes	547	(54.7%)
6 – 10 minutes	291	(29.1%)
11 – 15 minutes	89	(8.9%)
More than 15 minutes	73	(7.3%)

Note: ^Total is 999 as one subject had missing data. \*FI severity measured by Wexner Continence Scale (WCS) score.