

## Adult Female Stress Urinary Incontinence Questionnaire in Taiyuan

Dear Residents:

This questionnaire is an anonymous survey. We will keep your answers strictly confidential. Please feel free to answer your questions based on facts. Thank you for your cooperation and support.

1. Age (years) ①20~29 ②30~39 ③40~49 ④50~59 ⑤ $\geq$ 60
2. Height: \_\_\_ m
3. Weight: \_\_\_ kg
4. Place of residence ①Urban ②Rural
5. Occupation ①Manual work ②Mental work ③Manual/mental work ④Unemployed
6. Daily working hours ①No ②<8h ③8h~12h ④>12h
7. Physical exercise(times/week) ①0 ②1~2 ③3~4 ④ $\geq$ 5
8. Sedentary ①Yes ②No
9. Smoking ①Yes ②No
10. Drinking ①Yes ②No
11. Daily water intake (ml) ①<500 ②500~1000 ③1000~2000 ④>2000
12. Diet ①Mainly staple food (noodles, buns) ②Mainly vegetables and fruits  
③Mainly meat and protein ④Balanced diet consisting of three types above
13. Age at menarche(years) ①11 ②12~15 ③>15
14. Sexual history ①Yes ②No
15. Oral contraceptives ①Yes ②No
16. Age at first birth(years) ①<20 ②20~25 ③26~30 ④>30
17. Number of pregnancies(times) ①0 ②1~2 ③ $\geq$ 3
18. Number of miscarriages(times) ①0 ②1~2 ③ $\geq$ 3
19. Mode of delivery ①vaginal ②cesarean section
20. Number of deliveries(times) ①0 ②1~2 ③ $\geq$ 3
21. Episiotomy ①Yes ②No
22. Dystocia ①Yes ②No
23. Birth weight (kg) ①<3.5 ② $\geq$ 3.5
24. Menopause ①Yes ②No
25. Start of postpartum work(months) ①<3 ②3~6 ③6~12 ④>12
26. History of pelvic surgery ①Yes ②No
27. Urinary tract infection ①Yes ②No
28. Holding urine ①Yes ②No
29. Defecation ①Smooth ②Force ③Very laborious
30. Constipation ①Yes ②No
31. Making the bladder empty faster by pushing down ①Yes ②No
32. Voiding condition ①Frequency ②Urgency ③Terminal dribble  
④Urination disorder ⑤Painful urination
33. Nocturia(times) ①0 ②1~2 ③ $\geq$ 3
34. Urinary Incontinence ①No ②Occasional ③Always
35. When do you experience urinary incontinence?  
①No ②Obvious cause ③Holding urine ④Tense time  
⑤Sporting activities or on sneezing or coughing

36. Are you willing to learn about urinary incontinence?

- ①Yes ②No

37. Do you think it is necessary to seek medical treatment of stress urinary incontinence?

- ①The condition is mild, and it is unnecessary to see a doctor  
②The disease cannot be cured, and it is unnecessary to see a doctor  
③Hope to see a doctor, but feel embarrassed  
④Seek medical treatment actively in urology clinics  
⑤Seek medical treatment actively in obstetrics and gynecology clinics

38. How do you want to learn about stress urinary incontinence?

- ①Media (newspapers, magazines, TV)  
②Leaflets and flyers  
③Community-based health education activities  
④Direct communication with doctors  
⑤No need to learn SUI-related knowledge