

You can self-assess your incontinence by doing the International Consultation on Incontinence Questionnaire (ICIQ).

There are three short questions, which will take about two minutes to complete.

The first questions asks you if you leak urine and how often this happen. The second question how much urine leaks, and the third question asks how much leaking urine interferes with your everyday life. To get your score, add up the scores of these three questions.

Scores of **4 or above** means leaking urine affects your everyday life, in some way.

Higher scores indicate an increase in the frequency and amount of leakage. Higher scores also mean that leaking urine is having ***a real negative impact on the quality of your everyday life.***

Message from the MAMMI study team:

Leaking urine is common but it is not normal. If you leak urine, you can regain control – use this as a motivator to do your pelvic floor muscle exercises regularly.

If you have been doing your pelvic floor exercises but they are not being effective, you should seek professional help to confirm you are doing them correctly or to see if you need more help.

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Initial number

ICIQ-UI Short Form

CONFIDENTIAL

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DAY

MONTH

YEAR

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

1 Please write in your date of birth:

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DAY

MONTH

YEAR

2 Are you (tick one):

Female

Male

3 How often do you leak urine? (Tick one box)

- | | | |
|---------------------------------|--------------------------|---|
| never | <input type="checkbox"/> | 0 |
| about once a week or less often | <input type="checkbox"/> | 1 |
| two or three times a week | <input type="checkbox"/> | 2 |
| about once a day | <input type="checkbox"/> | 3 |
| several times a day | <input type="checkbox"/> | 4 |
| all the time | <input type="checkbox"/> | 5 |

4 We would like to know how much urine you think leaks.

How much urine do you usually leak (whether you wear protection or not)?

(Tick one box)

- | | | |
|-------------------|--------------------------|---|
| none | <input type="checkbox"/> | 0 |
| a small amount | <input type="checkbox"/> | 2 |
| a moderate amount | <input type="checkbox"/> | 4 |
| a large amount | <input type="checkbox"/> | 6 |

5 Overall, how much does leaking urine interfere with your everyday life?

Please ring a number between 0 (not at all) and 10 (a great deal)

- | | | | | | | | | | | |
|------------|---|---|---|---|---|---|---|---|---|--------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all | | | | | | | | | | A great deal |

ICIQ score: sum scores 3+4+5

6 When does urine leak? (Please tick all that apply to you)

- | | |
|--|--------------------------|
| never – urine does not leak | <input type="checkbox"/> |
| leaks before you can get to the toilet | <input type="checkbox"/> |
| leaks when you cough or sneeze | <input type="checkbox"/> |
| leaks when you are asleep | <input type="checkbox"/> |
| leaks when you are physically active/exercising | <input type="checkbox"/> |
| leaks when you have finished urinating and are dressed | <input type="checkbox"/> |
| leaks for no obvious reason | <input type="checkbox"/> |
| leaks all the time | <input type="checkbox"/> |

Thank you very much for answering these questions.

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