

Profoundly Elevated Risk of Anxiety and Depression in Women with Interstitial Cystitis/Bladder Pain Syndrome: A Comparative Study Against Urinary Incontinence and Pelvic Organ Prolapse Patients

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Aim

This study aimed to evaluate the prevalence of **anxiety** and **depression** among patients with urinary incontinence (UI), pelvic organ prolapse (POP), and interstitial cystitis or bladder pain syndrome (IC or BPS) consulting a female urology department.

Methods and Materials

All patients underwent a diagnostic work-up involving their medical history and a physical examination and following questionnaire.

- ICIQ-SF (International Consultation of Incontinence Questionnaire- Short Form)
- OABSS (Overactive bladder symptom score)
- Interstitial Cystitis Symptom Index and Problem Index
- HADS (Hospital Anxiety and Depression Scale)
- * HADS Score ≥8 is diagnosed as anxiety or depression.

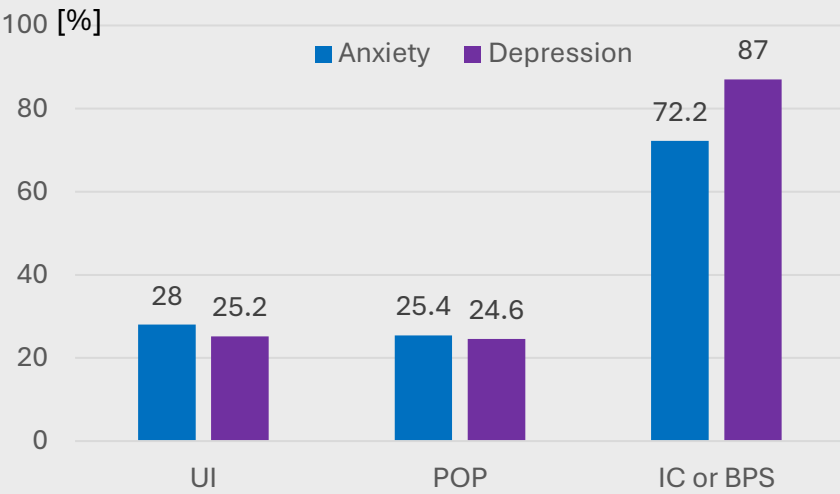
Patients’ characteristics

	UI	POP	ICorBPS
Number	312	241	83
Age	58±13.6	70.8±8.7	69.5±16.6
BMI (Kg/m²)	22.3±3.5	23.5±2.6	22.1±3.5
HADS-A	5.5±3.8	5.6±4.1	10.0±3.0
HADS-D	5.0±3.7	5.0±3.6	9.6±2.2

Conclusion

- The prevalence of **anxiety** and **depression** among patients with UI and POP was comparable to that reported in other countries.
- In contrast, among patients with IC or BPS was markedly higher than that reported in other countries.
- This may be partly attributable to the limited awareness of IC and BPS in Japan and the lack of well-established effective treatments.

Prevalence of anxiety and depression in each Groups



Factor associated with anxiety (multivariable analysis)

	OR	%CI	P value
BPS	11.700	3.620-28.10	<0.001
IC	6.850	2.910-16.20	<0.001
Age	0.990	0.974-1.00	0.180

Factor associated with anxiety (multivariable analysis)

	OR	%CI	P value
BPS	8.450	2.520-28.300	<0.001
IC	28.200	7.780-102.200	<0.001
SUI	0.364	0.172-0.768	0.008