

High prevalence of adult male enuresis in men with refractory lower urinary tract symptoms: a cross-sectional study

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INTRODUCTION

Adult male enuresis (AME)—involuntary bedwetting during sleep—is rarely reported in men with refractory lower urinary tract symptoms (LUTS), yet unrecognized cases may cause significant psychosocial burden.

MATERIALS AND METHODS

- **Design:** Single-center, cross-sectional observational study
- **Participants:** 493 adult men (≥18 years) referred for refractory LUTS, underwent urodynamic evaluation
- **Assessment:** Structured questionnaire on LUTS, comorbidities, lifestyle, and psychological impact
- **Outcome:** AME defined as ≥1 episode of nocturnal enuresis in the past month

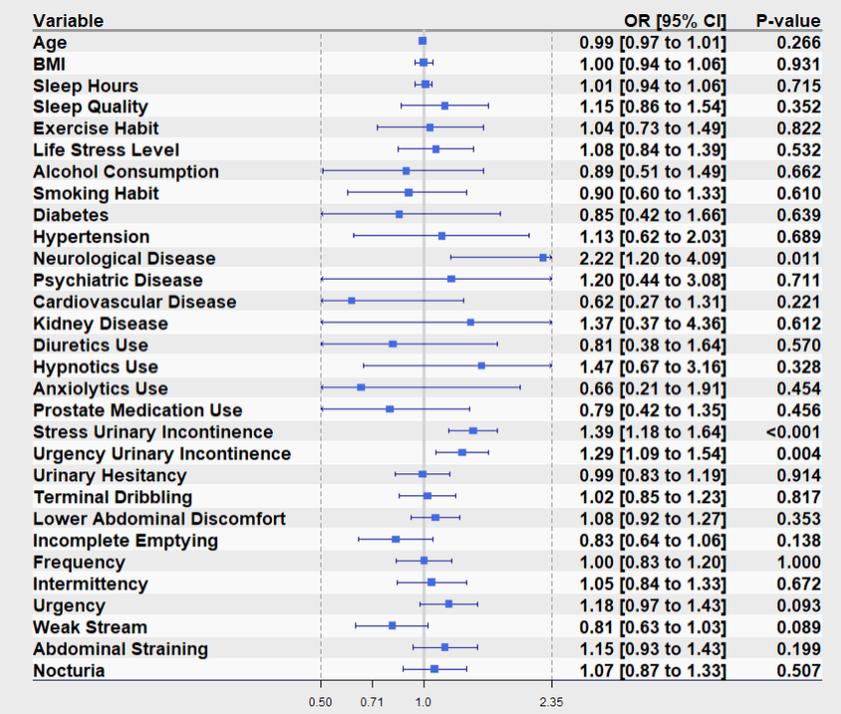
RESULTS

- **Prevalence:** 20.5% (101/493) had AME
- **Independent predictors:**
 - Neurological disease (OR 2.22, p=0.011)
 - Stress urinary incontinence (OR 1.39, p<0.001)
 - Urgency urinary incontinence (OR 1.29, p=0.004)
- **Nomogram performance:** AUC = 0.771
- **Psychosocial burden:** AME patients had significantly higher levels of anxiety, distress, reduced motivation, impaired family/sexual life, and less travel (all p<0.05)

CONCLUSIONS

Enuresis is **common yet overlooked** in adult men with refractory LUTS. Routine screening and use of predictive tools (nomogram) may enable timely identification and guide personalized management.

Forest plot from multivariable logistic regression analysis



Nomogram for predicting the probability AME

