Correlation Between Overactive Bladder Symptoms and Quality of Life among Korean Adults Using the 2012 Korean Community Health Survey: A Cross-Sectional Study

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Purpose: The study aimed to identify the prevalence of overactive bladder (OAB) symptoms and the correlation between OAB and quality of life (QOL) among Korean adults in the community. Methods: The original data were from the 2012 Community Health Survey, and the study sample comprised 2,951 adults aged 50 years and older. Data collection was conducted from August 16 to October 31, 2012, through an interview. Respondents were queried about OAB (measured via the overactive bladder symptom score [OABSS], consisting of 4 questions), and QOL as assessed by use of the EQ-5D Index. Pearson correlation coefficients were used to test the relationship between OAB and QOL. Results: Of all adults, the mean age was 65.44 ± 9.91. The mean OABSS of OAB was 2.04 ± 2.50 (range 0 ~ 16), and the mean EQ-5D score was 0.89 ± 0.89 (range -1 ~ 1). The prevalence of OAB in the subjects was 10.61%. OAB was significantly correlated with EQ-5D ($r = -.37$, $p <0.001$). Conclusion: The results showed that OAB was significantly correlated with a lower quality of life.

Table 1. General and Clinical Characteristics of Participants (N = 2951)*

Characteristics	Categories	N (%)	Mean ±SD
Gender	Male	1306 (44.3)	
	Female	1645 (55.7)	
Age (years)	50-64	1415 (48.0)	65.44 ± 9.91
	65-74	930 (31.8)	
	≥75	597 (20.2)	
Education	≤Elementary school	1418 (48.4)	
	Middle and high school	1240 (42.4)	
	≥College	269 (9.2)	
Spouse	No	740 (25.4)	
	Yes	2170 (74.6)	
Body mass index (kg/m^2)	<25	1834 (72.2)	23.56 ± 2.81
	≥25	708 (27.8)	
Smoking	No	2532 (85.8)	
	Yes	419 (14.2)	
Alcohol intake	No	1709 (57.9)	
	Yes	1242 (42.1)	
Sleeping time (hours)	<7	1532 (51.9)	6.37 ± 1.43
	≥7	1416 (48.0)	
Self-rated health status	Good	852 (28.9)	
	Moderate	1122 (38.1)	
	Bad	972 (33.0)	
Overactive bladder symptoms	No	2638 (89.4)	
	Yes	313 (10.6)	

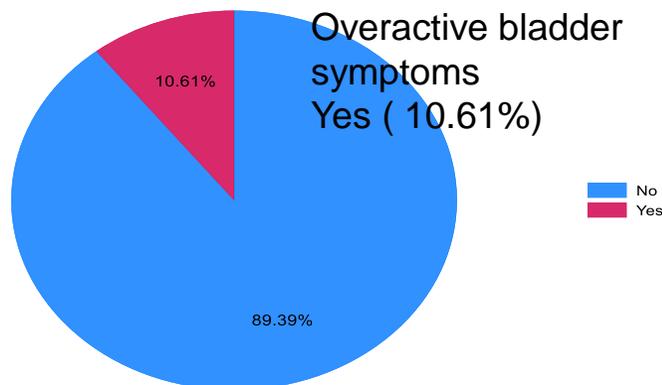*Total number of participants does not match the number of respondents.

Table 2. EQ-5D Index Score by Participants' Characteristics (N = 2,951)

Characteristics	Categories	EQ-5D score		
		Mean±SD	t or F	p
Gender	Male	0.92±0.14	9.92	<.001
	Female	0.87±0.16		
Age (years)	50-64[a]	0.94±0.10	230.01	<.001
	65-74[b]	0.87±0.15		
	≥75[c]	0.80±0.18		
Spouse	No	0.83±0.17	-11.25	<.001
	Yes	0.91±0.14		
Sleeping time (hours)	<7	0.88±0.16	-4.85	<.001
	≥7	0.90±0.14		
Self-rated health status	Good[a]	0.96±0.10	416.59	<.001
	Moderate[b]	0.93±0.11		
	Bad[c]	0.79±0.18		
Overactive bladder symptoms	No	0.90±0.14	-12.17	<.001
	Yes	0.77±0.19		

Table 3. Correlation Between Overactive Bladder Symptoms and EQ5D, Age, and Sleeping Time (N = 2,951)

Variables	EQ5D r (p)	Age r (p)	Sleeping time r (p)
Overactive bladder symptoms	-.37 (<.001)	.30 (<.001)	-.10 (<.001)

Figure 1. Prevalence of overactive bladder symptoms

Overactive bladder symptoms Yes (10.61%)

10.61%

89.39%

No
Yes