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# Paruresis

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## Introduction

**Paruresis** or **shy bladder syndrome**, is a not well known entity by most patients and healthcare professionals. It is estimated that this voiding disorder affects approximately **7% of the population**. It is a social anxiety disorder characterized by difficulty or **inability to urinate in public, under pressure** of time or **in a moving vehicle**. This pathology makes interference and malaise in the daily life of patients. Given the characteristics of this disorder, many patients come to consult a urologist throughout their lives, for this reason we want to evaluate the prevalence of this syndrome in patients of urology consultations.

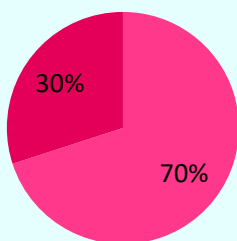
## Material and methods

We performed a cross-sectional study of this entity, it was carried out in patients attending to urology consultation in our hospital, who consulted for another reason. We delivered an **anonymous and validated questionnaire** for the diagnosis of this pathology.

The test has **19 multi-response items**, valued **from 1 to 4** on an increasing scale of symptomatology. It is necessary to obtain **more than 30 points** in the questionnaire to be diagnosed as having shy bladder syndrome. And 3 questions were added for screening of organic pathology, previous urinary pathology, association with mental illness or erectile dysfunction, sex and age. The study was carried out between January and June 2016 and analyzed with SPSS 22.0.

## Results

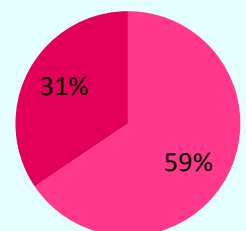
Paruresis



■ Do not ■ Yes

Median age	50
Points to diagnosis	43
Associated organic pathology (urologic)	29%
Erectile dysfunction	60%
Percentage men surveyed	73%

Sex of the diagnosed



■ male ■ female

## Conclusion

It is a relatively frequent syndrome among urology's patients consultations in our center, and it may be underdiagnosed.

**Knowing** the prevalence and characteristics of **this syndrome** will help us to identify better patients with this disorder and they potentially would benefit with the treatment.