MOUNTAIN STATES UROGYNECOLOGY
Urinary Distress Inventory (UDI-6) and Incontinence Impact Questionnaire (IIQ-7)

UDI-6
1. Do you experience, and, if so, how much are you bothered by frequent urination?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
2. Do you experience, and, if so, how much are you bothered by urine leakage related to the feeling of urgency?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
3. Do you experience, and, if so, how much are you bothered by urine leakage related to physical activity, coughing, or sneezing?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
4. Do you experience, and, if so, how much are you bothered by small amounts of urine leakage (drops)?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
5. Do you experience, and, if so, how much are you bothered by difficulty emptying your bladder?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
6. Do you experience, and, if so, how much are you bothered by pain or discomfort in the lower abdominal or genital area?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4

IIQ-7
7. Has urine leakage affected your ability to do household chores (cooking, cleaning, laundry, etc)?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
8. Has urine leakage affected your physical recreation such as walking, swimming, or other exercise?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
9. Has urine leakage affected your entertainment activities (movies, concerts, etc)?
   - Not at all 0
   - Slightly 1
   - Moderately 3
   - Greatly 4
10. Has urine leakage affected your ability to travel by car or bus more than 30 minutes from home?
    - Not at all 0
    - Slightly 1
    - Moderately 3
    - Greatly 4
11. Has urine leakage affected your participation in social activities outside your house?
    - Not at all 0
    - Slightly 1
    - Moderately 3
    - Greatly 4
12. Has urine leakage affected your emotional health (nervousness, depression, etc)?
    - Not at all 0
    - Slightly 1
    - Moderately 3
    - Greatly 4
13. Has urine leakage affected your feeling frustrated?
    - Not at all 0
    - Slightly 1
    - Moderately 3
    - Greatly 4

14. Total Score for UDI-6=
15. Total Score for IIQ-7=