



WE COUNT

MEASURING THE HUMAN TOLL OF INCONTINENCE

Mental Health and Incontinence

NAFC recently conducted a survey of hundreds of patients to learn more about the mental health impacts associated with incontinence. The findings put hard data behind what anyone living with a bladder or bowel condition already knows: The mental toll of incontinence can be deep and debilitating.

The Emotions We Feel

% of patients reporting negative emotions:

Shame 94%

Anxiety 92%

Insecurity 88%

Anger/Frustration 88%



The mental health impact is nearly universal

Over 90% of people with incontinence say it has some effect on their mental health. More than half (52%) describe it as “moderate” or “significant”.



Embarrassment is the #1 barrier to seeking medical help.

Patients who avoid seeking medical care say that embarrassment is their single biggest reason (47%).



Fear of leaks runs your life

Incontinence greatly disrupts daily life, particularly travel (92%), social activities (89%), self-confidence (88%) and sleep (81%). This disruption is a major source of anxiety and isolation.



Constant vigilance is exhausting

The mental burden is constant. 62% of sufferers report “often” or “always” planning their day around potential leakage, and many worry about it “every day, all the time.”



Many sufferers feel isolated and unsupported

About one-third of patients do not feel emotionally supported by their friends and family (32%) or their spouse/partner (35%).



More treatment options are wanted

Among those who seek treatment, only 46% reported that their treatment plan was effective. 74% are interested in learning about other treatment options.

NATIONAL ASSOCIATION



Most important of all: *Help is available.*

Mental health can be treated. There are techniques you can do on your own and a whole field of professionals with resources to help you manage and overcome your challenges. Don't wait – [click here to learn more now](#):

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