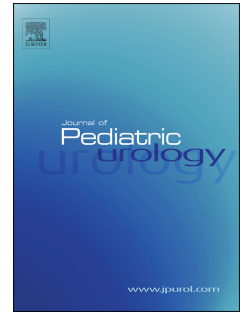


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Urinary incontinence among adolescent female athletes

Bridget Linehan Logan ^{a,*}, Lynn Foster-Johnson ^b, Eleni Zotos ^c

^a Dartmouth Hitchcock Medical Center, Lebanon, NH, USA

^b Geisel School of Medicine at Dartmouth College, Hanover, NH, USA

^c University of New Hampshire School of Nursing

* Corresponding author. Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756, USA.

E-mail address: Bridget.logan@hitchcock.org (B. Logan).

Summary

Background

A collection of studies have demonstrated that approximately one-third of female nulliparous athletes experience urinary incontinence during their athletic activities. Contributing factors of incontinence that have thus far been the focus of study include type of sport, duration and intensity of athletic activity, use of hormonal contraception, and weight. There has, as yet, been a notable underemphasis on several other factors which influence incontinence, including bowel pattern, urinary habits, and menstrual status. The purpose of this pilot study was to describe the urinary habits and frequency of incontinence among adolescent female athletes. A secondary purpose was to identify factors associated with incontinence.

Methods

To investigate these factors, a questionnaire was completed by 44 female high school athletes. Descriptive statistics were used, including means and percentages to answer the first purpose of our study. Chi-square tests and effect sizes were employed to determine the magnitude and statistical

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