

Urogenital Distress Inventory (UDI-6 Short Form): UDI-6

- 1) Do you usually experience frequent urination? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 2) Do you usually experience urine leakage associated with a feeling of urgency; that is, a strong sensation of needing to go to the bathroom? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 3) Do you usually experience urine leakage related to coughing, sneezing, or laughing? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 4) Do you experience small amounts of urine leakage (that is, drops)? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 5) Do you experience difficulty emptying your bladder? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
- 6) Do you usually experience pain or discomfort in the lower abdomen or genital region? Yes No
If yes, how much does this bother you? Not at all Somewhat
 Moderately Quite a bit
If yes, then is your pain relieved after emptying your bladder? Yes No

No= 0, Not at all= 1, Somewhat= 2, Moderately= 3, Quite a bit= 4

Add all scores and multiply by 6 then multiply by 25 for the scale score

Missing items are dealt with by using the mean from the answered items only

Higher score = higher disability

Also see scoring of PFDI-20.

Uebersax JS, Wyman JF, Shumaker SA, McClish DK, Fantl AJ. Short forms to assess life quality and symptom distress for urinary incontinence in women: the incontinence impact questionnaire and the urogenital distress inventory. *Neurourol and Urodynam* 1995;14:131-139.

Grade A rating for symptoms of UI for women

Donavan J, et al Symptom and quality of life assessment. In Incontinence vol 1 Basics and Evaluation eds Abrams P, Cardozo L, Khoury S, Wein A. Health Publications Ltd Paris France 2005.