

Bladder and Bowel Incontinence Phobia Severity Scale (BBIPSS)

Please indicate whether you feel the statement is characteristic or true of you. Please answer honestly.

No.	When in <u>PUBLIC</u>:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1	I experience fear about not making it to a bathroom in time to urinate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Due to my concerns regarding urinary incontinence, I always look for a toilet when in an unfamiliar place.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I can't relax if I feel my bladder isn't empty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I worry about being humiliated in public if I lose control of my bladder.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	My bladder patterns are unpredictable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	People would think I'm a disgusting person if they saw I had lost control of my bladder.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Having urinary incontinence in public would be the worst experience I could imagine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Losing control of one's bladder in public is a very shameful act.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I often check for sensations in my bowel (e.g., rumbling).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I worry about losing control of my bowel around others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I have the overwhelming urge to have a bowel motion every time I am stressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	My bowel patterns are unpredictable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Having bowel incontinence in public would be the worst experience I could imagine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Losing control of my bowels in public would mean that I am an unclean person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Losing control of one's bowel in public is a very shameful act.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Two total scores are derived from the BBIPSS, a bladder incontinence anxiety subscale score (8 items; Q1–8), and a bowel incontinence anxiety subscale score (7 items; Q9–15). Responses are based on a 5-point scale (“None of the time” to “All of the time”; 0 – 4 respectively) with higher values representative of greater bladder and bowel incontinence anxiety symptom severity.

Source: Kuoch, K. L. J., Meyer, D., Austin, D. W., & Knowles, S. R. (in press). Development and Validation of the Bladder and Bowel Incontinence Phobia Severity Scale (BBIPSS). *Journal of Cognitive Psychotherapy*.