

## Shy Bladder and Bowel Scale (SBBS)

This questionnaire asks you about common (yet uncomfortable) experience that individuals sometimes have when using a public restroom. Please answer honestly.

<b>When in <u>PUBLIC</u>:</b>		<b>None of the time</b>	<b>A little of the time</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>
<b>1</b>	I get anxious when urinating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2</b>	I can't relax when urinating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3</b>	I worry I cannot empty my bladder when close to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4</b>	If there are other people in the restroom I wait until they leave before urinating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5</b>	My anxiety about urinating in public has negatively impacted upon my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6</b>	My anxiety about urinating in public interferes with my daily functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7</b>	I am anxious due to the fear of urinating in public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8</b>	The anxiety about urinating in public interferes with my social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9</b>	I can't have a bowel motion when around others in a bathroom/restroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>10</b>	I avoid going to the toilet, even if I need to have a bowel motion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>11</b>	I delay going to the toilet, even if I need to have a bowel motion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>12</b>	I worry I cannot empty my bowel when close to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>13</b>	My bowel habits make my life unbearable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>14</b>	My bowel habits are the most significant contributor to my anxiety levels in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>15</b>	My bowel habits reduce my quality of life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>16</b>	My bowel habits make me feel frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Two total scores are derived from the SBBS, a paruresis subscale score (8-items; Q1-8), and a parcopresis subscale score (8-items; Q9-16). Responses are based on a 5-point scale ("None of the time" to "All of the time"; scores 0-4 respectively) with higher values representative of greater paruresis or parcopresis symptoms.

Source: **Knowles, S.R., & Skues, J. (2016).** Development and Validation of the Shy Bladder and Bowel Scale (SBBS). *Cognitive Behaviour Therapy*, 45(4), 324-338.

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