

## DISCUSSION: EXAMINING ATTITUDES TOWARDS CONTINENCE

Please take a couple of minutes to consider your current beliefs about continence by circling the number that best represents how you feel about each statement:

<b>1. Urinary incontinence is a normal part of ageing</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>2. Wearing incontinence pads is the best way to manage urinary incontinence</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>3. What you drink can contribute to urine leakage</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>4. Making simple lifestyle changes, like reducing your intake of caffeine, spicy foods or fizzy drinks can reduce urine leakage</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>5. Promoting continence is time consuming</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>6. Promoting continence and managing urinary incontinence is the same thing</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>7. Exercising pelvic floor muscles can help control urine leakage</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	
<b>8. Bowels work best if they are in a good routine, i.e. every day after breakfast</b>												
STRONGLY DISAGREE	1	2	3	4	5	6	7	8	9	10	STRONGLY AGREE	