# Group treatment: an acceptable and effective method of physiotherapy provision for female urinary incontinence?

Submission date	Recruitment status	Prospectively registered		
15/08/2005	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
12/04/2006	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
28/09/2009	Urological and Genital Diseases			

## Plain English summary of protocol

Not provided at time of registration

# Contact information

#### Type(s)

Scientific

#### Contact name

Prof Sarah Lamb

#### Contact details

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# Additional identifiers

Protocol serial number PRF/01/2

# Study information

Scientific Title

#### **Acronym**

INCON

#### **Study objectives**

The aims of this study are to:

- 1. Compare the effectiveness of group versus individual treatments in terms of quality of life and cost effectiveness in the UK health care setting
- 2. Establish patients' preferences for group versus individual physiotherapy for the management of female urinary incontinence (FUI)
- 3. Identify patients' concerns with regards to participation in group settings, and changes in preferences as a result of treatment

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

This study received an ethics approval before participant recruitment.

#### Study design

Randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Treatment

#### Health condition(s) or problem(s) studied

Stress incontinence and/or urge incontinence

#### **Interventions**

Group: three group sessions for an hour each over a three-week period, with a maximum of 10 women in each treatment group.

Individual: an assessment given and any of the techniques used in the group sessions were taught on a one to one basis. A maximum of three sessions of 1-hour duration were permissible.

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

- 1. Symptom severity questionnaire (SSI) (Black et al., 1996)
- 2. Incontinence-related quality of life (IQOL) (Uebersax et al., 1995)

#### Key secondary outcome(s))

- 1. Cost related to treatment attendance and complementary therapies and other products
- 2. The need for further physiotherapy
- 3. General practitioner (GP) utilisation and surgery will be recorded although not reported here

#### Completion date

30/04/2005

# **Eligibility**

#### Key inclusion criteria

- 1. Females aged 18 years or over
- 2. Ability to understand and capability of giving written informed consent with an interpreter if necessary
- 3. Clinical symptoms of stress and/or urge incontinence

#### Participant type(s)

Patient

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

Female

#### Key exclusion criteria

- 1. Pregnancy
- 2. Recent pelvic surgery (less than three months)
- 3. History of pelvic malignancy
- 4. Current urinary infection
- 5. Grade III prolapse
- 6. Diseases of the central nervous system (e.g. multiple sclerosis, cerebrovascular accident)
- 7. Acute mental illness and dementia
- 8. Previous physiotherapy for incontinence within the last 12 months

#### Date of first enrolment

12/08/2002

#### Date of final enrolment

30/04/2005

## Locations

#### Countries of recruitment

**United Kingdom** 

England

## Study participating centre University of Warwick Coventry United Kingdom CV4 7AL

# Sponsor information

## Organisation

Physiotherapy Research Foundation (UK)

#### **ROR**

https://ror.org/04sn78z72

# Funder(s)

#### Funder type

Charity

#### Funder Name

Physiotherapy Research Foundation (PRF) - PRF/01/2

# **Results and Publications**

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

# Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2008		Yes	No
Results article	interview study results	10/09/2009		Yes	No
Results article	results	14/09/2009		Yes	No