

# The effect of screen time on nighttime urinary incontinence

<b>Submission date</b> 14/05/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/05/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/02/2023	<b>Condition category</b> Urological and Genital Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Bladder and nighttime bed wetting (nocturnal enuresis) are common problems in children. The aim of this study is to investigate if there is a relationship between screen time and the severity of primary monosymptomatic (meaning patients who have never been consistently dry at night) nocturnal enuresis (PMNE) and treatment success.

### Who can participate?

Children and adolescents aged from 6 to 18 years

### What does the study involve?

Patients with PMNE are randomly allocated to one of two groups and both groups are given treatment. One group is requested to reduce daily screen time to less than 60 minutes and the other group is given unrestricted screen time.

### What are the possible benefits and risks of participating

Participants are expected to benefit from reduced screen time by progressing in various developmental stages, including emotional, cognitive, behavioral, and sleep quality. There are no known risks to participants.

### Where is the study run from?

Afyonkarahisar Health Sciences University Hospital

### When is the study starting and how long is it expected to run for?

February 2021 to October 2021

### Who is funding the study?

Investigator initiated and funded

### Who is the main contact?

Dr Arif Demirbas  
demirbas-arif@hotmail.com

# Contact information

## Type(s)

Principal investigator

## Contact name

Dr Arif Demirbas

## ORCID ID

<https://orcid.org/0000-0003-4984-3722>

## Contact details

Afyonkarahisar Health Sciences University

Department of Urology

Dörtyol 2070

Sokak NO:3/4

03030

Afyonkarahisar Merkez/Afyonkarahisar

Türkiye

03100

+90 532 250 00 72

demirbas-arif@hotmail.com

# Additional identifiers

## Clinical Trials Information System (CTIS)

Nil known

## Protocol serial number

Nil known

# Study information

## Scientific Title

The effect of screen time on the presentation and treatment of primary monosymptomatic nocturnal enuresis

## Acronym

SToPMNE

## Study objectives

We aimed to investigate if there was any relationship between screen time and the severity of primary monosymptomatic nocturnal enuresis and treatment success

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 05/03/2021, Afyonkarahisar Health Sciences University Clinical Research Ethics Committee (Dörtyol, 2070. Sokak NO:3/4. 03030 Afyonkarahisar Merkez/Afyonkarahisar, Turkey; +90 272 246 33 01; klinikarastirmalar@afsu.edu.tr), ref: 2011-KAEK-2/198

## **Study design**

Interventional randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Primary monosymptomatic enuresis

## **Interventions**

1. After a diagnosis of primary monosymptomatic nocturnal enuresis, classified as mild (1-2 wet nights/week), moderate (3-5 wet nights/week) and severe (6-7 wet nights/week), patients were separated by the amount of screen time:

Group 1. < 120 min mean screen time/day

Group 2. > 120 min mean screen time/day

2. For treatment response, patients were randomly assigned to treatment:

Group 3. Patients were administered 120 µg desmopressin melt (DeM) and, in addition to supportive treatment, were requested to reduce daily screen time to < 60 mins

Group 4. Patients were given 120 µg DeM and supportive treatment was recommended with no restriction of screen time

3. Patients who reduced their screen time to less than 60 minutes were followed for 3 months.

4. Patients without recurrence, defined by one or more night-time bed wetting events in month 4, received further recommendations and terminated the trial.

5. Patients with recurrence were re-evaluated and treatment was planned. Treatment of other patients who did not benefit from treatment and behavioral adjustments continued.

6. The groups were statistically compared in respect of descriptive data, response to treatment, and recurrence.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Treatment response measured by the dryness of a child's sleeping quarters recorded daily on waking, defined as a full response at 100% dryness, a partial response at 50-99% dryness, or a failure at <50% dryness at month 3. Patients in groups 3 and 4 with a full response had their DeM treatment terminated and recurrence, defined by one or more night-time bed wetting events in month 4, was determined at a follow-up visit at the end of month 4.

## **Key secondary outcome(s)**

Late recurrence, defined by one or more night-time bed wetting events from month 4 and measured daily on waking, was recorded at a 6-month long-term follow-up visit.

## **Completion date**

15/10/2021

## Eligibility

### Key inclusion criteria

1. Aged 6 to 18 years
2. Diagnosed as primary monosymptomatic enuresis nocturna as a result of history, physical examination and routine tests
3. Have not had an operation due to urinary system pathologies before
4. A body mass index below the 95th percentile
5. Screen exposure of different durations
6. Caregivers or patients who can keep a voiding diary, nighttime bedwetting chart

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Child

### Lower age limit

6 years

### Upper age limit

18 years

### Sex

All

### Total final enrolment

71

### Key exclusion criteria

1. A diagnosis with secondary enuresis and non-monosymptomatic nocturnal enuresis
2. Previously treated for nocturnal enuresis
3. Neurological disease, obstructive respiratory diseases and diabetes mellitus
4. Previously diagnosed neurogenic bladder, vesicoureteral reflux, urinary system stone disease
5. Previous surgery due to urinary pathology
6. A body mass index above the 95th percentile
7. Caregivers or patients who cannot keep a voiding diary, nighttime bedwetting chart

### Date of first enrolment

15/03/2021

### Date of final enrolment

15/06/2021

## Locations

## Countries of recruitment

Türkiye

## Study participating centre

**Afyonkarahisar Health Sciences University**

Dörtyol, 2070

Sokak No.3/4

A block

03030

Afyonkarahisar Merkez

Afyonkarahisar

Türkiye

03100

## Sponsor information

### Organisation

Afyonkarahisar Health Sciences University

## Funder(s)

### Funder type

Other

### Funder Name

Investigator initiated and funded

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the current study are/will be available upon reasonable request from Hacer Gizem Gerçek, gizem.gercek@afsu.edu.tr

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		17/02/2023	22/02/2023	Yes	No