



**Service Priorities and Programmes**  
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**Association of Depressive Mood with Urinary Incontinence in older Chinese Women in Hong Kong**

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**Introduction**

Urinary incontinence in the elderly population, particularly in women, is a common health problem. Numerous studies have found association between urinary incontinence and depressive mood; and also quality of life, in women. It is important to establish the relationship particularly in elderly population in Hong Kong and increase understanding over the relationship between urinary incontinence and depressive mood.

**Objectives**

(1) to estimate the prevalence of urinary incontinence; (2) to investigate the association between urinary incontinence and depressive mood; (3) to assess the quality of life of urinary incontinence; of older Chinese women in Hong Kong.

**Methodology**

This is a retrospective, cross-sectional study. Subjects were recruited from Geriatric Out-patient Clinic and Geriatric Day hospital in two Hong Kong district public hospitals. Independent variable of this study is urinary incontinence. Descriptive analysis was done for the whole sample. Bivariate analysis of factors associated with depressive mood was done, using the independent t-test and Chi-square statistics. Binary logistic regression was used to further analyze the independent factors. Pearson correlation analysis and one-way ANOVA were used for bivariate analyse of factors associated with quality of life.

**Result**

The prevalence of urinary incontinence is 58.3%. Depressive mood was significantly associated with urinary incontinence. The odd ratios (OR) of urinary incontinence was 17.8 (95% CI 2.3-139.1) and odd ratio (OR) of severity of urinary symptoms with depressive mood is 1.83 (95% CI 1.41-2.36). Body mass index (BMI), functional status (Barthel Index) and depressive mood (GDS-15) were independently associated with the quality of life related to urinary incontinence. Conclusion: Urinary

incontinence is associated with the depressive mood of Chinese elderly women. Urinary incontinence women are 17 times more likely to be depressed when comparing with those urinary continence one. The prevalence of urinary incontinence was 58%. The more severe the urinary symptoms, subjects are more likely to be depressed. Subjects with urinary incontinence also reported poorer quality of life, especially for those depressive one. Nearly 90% of the depressed elderly women compliant to have impairment in participating in social activities, emotional health and feeling frustrated.