

# Incontinence Risk Higher in Depressed Women

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ATLANTA — Women with postpartum depression are more likely than are non-depressed women to have urge urinary incontinence, according to findings presented in a poster at the annual meeting of the American Urogynecologic Society.

Of 146 women who participated in the cross-sectional study, 12% had postpartum depression at their 6-week visit as

measured by the Edinburgh Postnatal Depression Scale. At that time, those with depression had a fourfold increase in overall and subscale scores on the Urge-Incontinence Impact Questionnaire (UIIQ), compared with nondepressed women.

This finding suggests that depressed patients have more symptoms and a greater impact on their lives from urge urinary incontinence, Dr. Dee Fenner reported during a press briefing at the meeting.

Depressed and nondepressed patients

were similar in age, race, parity, and body mass index. On multivariate analysis, depression scores were shown to be affected by UIIQ score, smoking, and infant feeding mode (bottle vs. breast). But urge incontinence symptoms had the greatest effect on depression scores. In addition, depressed patients were more than twice as likely as nondepressed patients to have had a cesarean delivery, Dr. Fenner said.

That finding amplifies the association between urinary incontinence and post-

partum depression because studies have shown that women who have a C-section generally are less likely to develop urge urinary incontinence than are those who deliver vaginally, she noted.

The findings have several implications. "We hope this will serve for future studies as a model to predict the onset of depression and to actually work out whether or not this is the depression causing the incontinence or the incontinence causing the depression," Dr. Fenner said. ■

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