Overactive bladder (OAB) is a symptom-based condition defined as urinary urgency with or without urge incontinence, often with increased urinary frequency, and nocturia. OAB affects 17% of the US population and 3%-42% of people in Europe. OAB has been shown to be quite bothersome and has a negative impact on health-related quality of life.

Given the prevalence and impact of OAB, a short, simple screening tool would be useful to aid in identifying patients who may have OAB in a busy primary care setting.

### Methods

#### Patient Population

In this multicenter, cross-sectional, prospective study, participants were recruited from 12 primary care practices and 1 general gynecology clinic.

#### Questionnaires

**OAB Screener**

- 8-item OAB Symptom Bother Scale of the OAB-q
- Responses made on a 6-point scale ranging from 0 (not at all) to 5 (a very great deal) for the degree of bother; patients were asked to sum their scores after completion

**OAB Screener**

The questions below ask about how bothered you are by some bladder symptoms. Some people are bothered by bladder symptoms and may not realize that there are treatments available for their symptoms. Please circle that number that best describes how much you have been bothered by each symptom. Add the numbers together for a total score and record the score in the box provided at the bottom.

1. Frequency urination during the daytime hours? 0 1 2 3 4 5
2. An uncomfortable urge to urinate? 0 1 2 3 4 5
3. A sudden urge to urinate with little or no warning? 0 1 2 3 4 5
4. Accidental loss of small amounts of urine? 0 1 2 3 4 5
5. Nighttime urination? 0 1 2 3 4 5
6. Waking up at night because you had to urinate? 0 1 2 3 4 5
7. An uncontrollable urge to urinate? 0 1 2 3 4 5
8. Urine loss associated with a strong desire to urinate? 0 1 2 3 4 5

Please circle that number on the line provided at the bottom:

- Not at all
- A little
- Some
- Quite a bit
- A great deal
- A very great deal

Please hand this page to your doctor when you see him/her for your visit.

If your score is 8 or greater, you may have an overactive bladder. There are effective treatments for this condition. You may want to talk with a healthcare professional about your symptoms.

#### Clinical Report Form (CRF)

The clinician completed the CRF by interviewing the patients about the following urinary symptoms: daytime frequency, nighttime frequency, urgency, and urge incontinence.

#### Diagnostic Questions

- Patients who screened positive (score ≥8) on the OAB screener OR who had evidence of urinary frequency, urgency, nocturia, or incontinence were asked the lifestyle and coping behavior questions.

#### Statistical Analyses

- All statistical analyses were performed with SAS (v8.2); all tests were 2-tailed and type I error probability was fixed at 0.05.
- Chi-square tests were used to evaluate categorical data; t-tests and analyses of variance (ANOVA) were used to evaluate continuous data.
- Multivariate logistic regression models (controlling for age and gender) were used to assess the ability of the OAB screener to identify patients with OAB and to determine the sensitivity, specificity, positive predictive value (PPV), and negative predictive value (NPV) of the screener.

### Results

#### Patient Demographics

- 1260 patients were evaluable (62% women; 89% Caucasian) with a mean (± SD) age of 52 (±17) years; clinical urinary characteristics are presented in Table 1

### Conclusions

The OAB screener identified patients with symptoms of OAB with high sensitivity and specificity.

This brief, simple tool can be used to screen for OAB in the primary care setting.

By screening for OAB in the primary care practice, more patients with bothersome symptoms may receive appropriate evaluation and treatment.