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The implementation of a mobile app for treatment of stress urinary incontinence

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Background: We developed the mobile app Tät® for first-line treatment of stress urinary incontinence (SUI). The app has information about SUI and features a pelvic floor muscle-training programme along with reminders and user statistics. We demonstrated its efficacy for symptom severity in a randomised controlled study (RCT) that included 123 women with SUI ≥ 1 /week. The app is now available free of charge. This study compared the characteristics of recent users with those of the participants in the RCT.

Methods: When the app is downloaded, it displays questions about the user's age, location, education, and symptom type and severity (International Consultation on Incontinence Modular Questionnaire Urinary Incontinence Short Form, ICIQ-UI SF). Answering the questions is optional, and entered data are anonymously transferred to a research database.

Results: Questionnaires (n=2006) were completed by app users from all parts of Sweden during a 6-month period in 2015. Recent users had a mean age of 36.2 (SD10.4) years vs. 44.7 (SD 9.4) in the RCT ($p < 0.001$), and 70% (1396/2006) had a post-secondary education compared with 87% (107/123) in the RCT ($p < 0.001$). A total of 24% (484/2006) of the users reported no urinary leakage, 30% (607/2006) reported leakage ≤ 1 /week, and 46% (915/2006) reported leakage > 1 /week. The mean ICIQ UI-SF score was 8.7 (SD3.9) for users reporting any leakage and 11.1 (SD2.8) for participants in the RCT ($p < 0.001$). of those with incontinence, 86% (1309/1522) reported symptoms of SUI compared to 100% in the RCT.

Conclusions: Recent users of the Tät® app were younger and had lower educational levels than participants in the RCT. Two-thirds of the users reported some urinary incontinence, and the incontinence was overall less severe than in the RCT. The other third may be using the app preventively. We will continue to evaluate the efficacy of the app on symptom severity in users.