

Initial number

ICIQ-Nqol 08/04

CONFIDENTIAL

DAY MONTH YEAR

Today's date

Quality of life

The following statements are about the impact of 'having to get up at night to urinate'. For each item, please **mark** an **(X)** in the box next to the response that best describes how you have felt. Please mark **only one box** for each statement.

1. Please write in your date of birth:

DAY MONTH YEAR

2. Are you (tick one):

Female Male

OVER THE PAST FOUR WEEKS, HAVING TO GET UP AT NIGHT TO URINATE ...

3. Has made it difficult for me to concentrate the next day

every day 4
most days 3
some days 2
rarely 1
never 0

4. Has made me feel generally low in energy the next day

every day 4
most days 3
some days 2
rarely 1
never 0

5. Has required me to nap during the day

every day 4
most days 3
some days 2
rarely 1
never 0

6. Has made me less productive the next day

every day 4
most days 3
some days 2
rarely 1
never 0

7. Has caused me to participate less in activities I enjoy

- extremely 4
- quite a bit 3
- moderately 2
- a little bit 1
- not at all 0

8. Has caused me to be careful about when or how much I drink

- all the time 4
- most of the time 3
- some of the time 2
- rarely 1
- never 0

9. Has made it difficult for me to get enough sleep at night

- every night 4
- most nights 3
- some nights 2
- rarely 1
- never 0

OVER THE PAST FOUR WEEKS, I HAVE BEEN.....

10. Concerned that I am disturbing others in the house because of having to get up at night to urinate

- extremely 4
- quite a bit 3
- moderately 2
- a little bit 1
- not at all 0

11. Preoccupied about having to get up at night to urinate

- all the time 4
- most of the time 3
- some of the time 2
- rarely 1
- never 0

12. Worried that this condition will get worse in the future

- extremely 4
- quite a bit 3
- moderately 2
- a little bit 1
- not at all 0

13. Worried that there is no effective treatment for this condition (having to get up at night to urinate)

- extremely 4
- quite a bit 3
- moderately 2
- a little bit 1
- not at all 0

14. Overall, how bothersome has having to get up at night to urinate been during the past four weeks?

- extremely 4
- quite a bit 3
- moderately 2
- a little bit 1
- not at all 0

15. Overall, how much does having to get up at night to urinate interfere with your everyday life?

Please ring a number between 0 (not at all) and 10 (a great deal)

0 1 2 3 4 5 6 7 8 9 10
 not at all a great deal

Thank you very much for answering these questions.