

Our **work** in action

Two would-be frequent flyers recall their paruresis experience.

"Have you ever been on a plane or train with the sensation of an ever-pressing full bladder, and the complete inability to release the pressure no matter how many times you sit on that toilet? I've been there too many times to recall; in parts it has dictated my life. At its worst I was unable to go to certain clubs in my university days as the toilets were seemingly incompatible with my bladder. This was my story but not anymore..."

It started with finding UKPT on a Google search after a very frustrating plane journey and my thankfulness that my bladder didn't explode. I attended a workshop with mainly men, but Ann was on hand and this was my first step to recovery. It was almost an Instant rewire in my mind to feeling more in control and more confident. Next stop Brazil and Argentina!"

"We have just returned from Australia, a trip involving five flights all long enough to need to urinate at least once."



The two workshops you ran utterly transformed my flying experience they had a massive effect. I cannot thank you enough."

The **main aims** of the UK Paruresis Trust are:

To help and support people with paruresis



To provide information about paruresis



To provide workshops which help people to overcome their paruresis



Can't go in toilets when others are around?

Then you may have Paruresis (Shy Bladder Syndrome)



What is paruresis ?

Paruresis is also known as shy bladder syndrome. Men and women with paruresis find it difficult, or impossible, to pee when they think other people may see or hear them. As a result, they often go to great lengths to avoid situations where they are unlikely to be able to pee.

FACT If you have paruresis you are not alone. It's estimated that around 1 in 12 men and women have some level of paruresis. It may be a minor inconvenience, or it may be a major life problem. It can stop you having a social life, which can affect friendships, making your working life difficult, prevent you taking holidays and flying. All of which can increase your anxiety and make you depressed.

FACT Paruresis is treatable. Several studies show that Cognitive Behavioural Therapy (as recommended by the NHS) can help most people with paruresis.

FACT The UKPT is here for you. We provide information, support, and workshops where you can learn and practice cognitive behavioural therapy techniques with other people who also have paruresis.

FACT The UKPT has a website, which will give you lots of information about paruresis and how to manage it. You can read how other people have coped with paruresis and learned to live free from its restrictions.

Does this seem familiar?

Imagine this. A man goes to the pub. He's enjoying the place and being with his friends. It isn't long before he needs to go to the gents. But he can't pee. Not in a cramped pub toilet with other men standing nearby. The harder he tries, the more he can't go. His body just won't let him pee. He needs privacy. **TOTAL PRIVACY.**

Desperate, feeling his bladder is about to burst, he makes a lame excuse, leaves his mates, and drives around until he finds a petrol station with a toilet tucked away around the back, almost out of sight, with a lockable door. He'll be able to pee there, but he won't be able to go back to the pub. Another ruined evening. And he can't tell anyone why.

There may be as many as four million people in the UK alone with paruresis.

Some of them are women.

People with paruresis often worry about:

Will someone come into the toilet?

Is someone watching me?

Will someone hear me?

Is someone waiting for me?

Am I keeping other people waiting?

The UK Paruresis Trust

www.ukpt.org.uk
support@ukpt.org.uk



Patient information awards
Commended 2019



Chairman: Andrew Smith M.A.(Cantab)
Copyright © 2018 UK Paruresis Trust. Reg. Charity 1109541

The UK Paruresis Trust
1 Sawmill Close, Kendal, Cumbria LA9 6JE
Last review date: April 2026 Next review date: April 2029