

A case example

I've had this grim condition since I was 13 or 14 and it's totally wrecked my life, the career in the forces that I was unable to go ahead with, the social activities I couldn't attend and had to make excuses for... the list goes on.

I've now reached breaking point with this and due to unbearable depression, I'm starting to think that life's just not worth living.

I'm glad I found this sanctuary-like place, it's given me just a small amount of strength knowing that there's so many more people out there just like me.

All the best,
Anon



The objectives of the UK Paruresis Trust are:



The relief of persons suffering from the specific social anxiety Avoidant Paruresis



The provision of internet-based information and support



The provision of phobia desensitisation workshops



The promotion of the concept of individual privacy in the design of public toilets



The promotion of research into all aspects of the condition, particularly its cause and treatment



The raising of public awareness, including that of the medical profession

Can't go in toilets when others are around?

Then you may suffer from Shy Bladder Syndrome (Avoidant Paruresis)



What is Avoidant Paruresis or Shy Bladder Syndrome?

Paruresis is also known as Shy Bladder Syndrome. Men and women with Avoidant Paruresis find it difficult, or impossible to urinate in the presence, real or perceived, of others. As a result, they avoid the situations that they cannot cope with.

FACT Paruresis is a social anxiety disorder.

- See Williams and Degenhardt "Paruresis: a survey of a disorder of micturition"; Journal of General Psychology, 1954, 51, 19-29.
- See Home Office Prison Service procedures to cater for paruresis in prison.

FACT You are not alone. There are an estimated 7% of men and women that suffer from this social anxiety to some degree.

FACT Paruresis is TREATABLE. Several studies show that cognitive behavioural treatments (especially graduated exposure therapy) have helped at least 19 out of 20 sufferers to varying degrees.

FACT The UK Paruresis Trust works for you. We provide support, information on treatment, and workshops. We do this through the Internet and through information packs.

Does this seem familiar?

Imagine the scenario, A man goes to the pub. He's enjoying the place, being with friends. It isn't long before he needs to go to the gents'. But he can't urinate, not in a cramped pub toilet with men standing close by. The harder he tries, the more he can't. His body just does not respond however much he wills it. He needs privacy. **TOTAL PRIVACY**. Desperate, feeling his bladder is about to burst, he makes a lame excuse, leaves his mates, and drives around till he finds a petrol station with an individual toilet with a lockable door. He'll be able to urinate there, but he won't be able to go back to the pub. Another ruined evening. And he cannot even tell anyone why.

This story applies equally to women.

There may be as many as 4 million people in the UK alone with this condition.

People with paruresis often experience the following concerns:

Will someone come into the toilet?

Is someone watching me?

Will someone hear me?

Is someone waiting for me?

The UK Paruresis Trust

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Patient information awards
Commended 2019



Chairman: Andrew Smith M.A.(Cantab)

The UKPT has links with the USA based International Paruresis Association (IPA) and the Association Française pour l'Information sur Parurésie (AFIP).

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