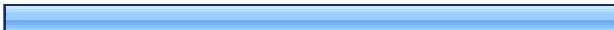







1. What is your sex?

		Response Percent	Response Count
Male		91.9%	251
Female		8.1%	22
answered question			273
skipped question			1

2. What is your age?

		Response Percent	Response Count
Under 18		0.0%	0
18-34		13.9%	38
35-54		43.2%	118
55-70		38.8%	106
71+		4.0%	11
answered question			273
skipped question			1









3. How old were you when you became aware you had paruresis?

		Response Percent	Response Count
10 or under		15.8%	43
11-18		58.6%	160
19-34		22.3%	61
35-64		2.9%	8
65+		0.4%	1
answered question			273
skipped question			1

4. How many years have you lived with paruresis?

		Response Percent	Response Count
3 or less		0.0%	0
4 -10		4.8%	13
11-25		21.2%	58
25+		74.0%	202
answered question			273
skipped question			1








5. In what ways has paruresis impacted your life?

		Response Percent	Response Count
Limits choice of career or work setting		42.6%	115
Limits ability to be promoted		13.3%	36
Limits choice of recreational activities		81.9%	221
Limits family relationships		25.2%	68
Causes severe anxiety		63.0%	170
Causes shame		54.4%	147
Lowers self esteem		64.8%	175
No significant impact on my life		1.9%	5
		answered question	270
		skipped question	4

6. Please explain how paruresis has limited your lifestyle.

	Response Count
	195
answered question	195
skipped question	79

7. Please identify who you have shared the fact that you have paruresis with?

		Response Percent	Response Count
Spouse or partner		76.4%	201
Parents		40.7%	107
Siblings		34.2%	90
Other Family Member		26.6%	70
Work colleagues		16.3%	43
Friend		62.0%	163
Physician		63.5%	167
answered question			263
skipped question			11








8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

	Response Count
	213
answered question	213
skipped question	61

9. What have you found to be most helpful in functioning with your paruresis?

		Response Percent	Response Count
Making accommodations to lifestyle		61.6%	167
Medication		8.9%	24
Self Cath		14.4%	39
Workshops		48.0%	130
Reading books		21.8%	59
Individual or Group Therapy		29.5%	80
Online support		19.9%	54
Knowing Others are Dealing with Parauresis		67.9%	184
		answered question	271
		skipped question	3

10. What strategies do you feel would help you in dealing with parauresis?

		Response Percent	Response Count
Improved restroom design		70.3%	192
Alternative drug testing proceedures		35.5%	97
Increased awareness by physicians and therapists		60.4%	165
Increased awareness by the general society		55.3%	151
Availability of graduated therapy workshops and support groups		58.2%	159
Finding a cure		67.0%	183
Finding an effective medication to relieve symptoms		53.5%	146
		answered question	273
		skipped question	1

Q6. Please explain how paruresis has limited your lifestyle.

3	Prior to self catheterising had great difficulty in flying long distances, also trains, boats. Could not attend sporting functions or could not drink at them. Did not like parties gatherings with limited facilities etc etc	Sep 16, 2011 1:08 AM
4	as above	Sep 15, 2011 10:26 PM
5	When going on an outing or even vacation I always need to plan around my disability which at times takes a certain amount of the joy out the whole thing. I believe that at the least subconsciously I tend to not ingage in certain social activities	Sep 10, 2011 3:24 PM
6	I have not changed jobs, traveled, and planned my social life around this problem.	Sep 10, 2011 4:56 AM
7	Was terrible in my 20's when I was dating, not only out in clubs but sometimes in women's apartments when I was lucky enough to be invited up.	Sep 9, 2011 4:06 PM
8	I have spent many days and nights in physical pain, have had un-necessary surgery and experienced humiliation trying to get psychological support.	Sep 9, 2011 2:16 AM
9	Limited duration of activities with kids (ie no all-day or overnight events, etc); avoided social outings with co-workers; avoided promotions that would require longer hours or more group participation.	Sep 8, 2011 10:05 AM
10	I had limited the amounts I would drink in the past, limited types of jobs I could hold, made school extemely tough at times, and made me avoid big social events like sports games. Paruresis has also made me not participate in things suchs as camping with friends.	Sep 7, 2011 2:33 PM
11	Were ever you plan to go there's anxiety caused from the unknown.	Sep 6, 2011 7:21 PM
12	Limits where I go and who I spend time with.	Sep 6, 2011 11:44 AM
13	I have missed out on fun activities	Sep 5, 2011 6:48 PM
14	Avoid stadium and arena events, and we're big college sports fans.	Sep 5, 2011 6:25 PM
15	Primarily in travel and going to long events without access to a private bathroom. I now use a catheter for long plane flights	Sep 5, 2011 11:20 AM
16	mainly limited the amount of social functions I have been able to attend, as well as causing great amounts of pain as a result of having to 'hold it.'	Sep 5, 2011 7:17 AM
17	Prior to attending an IPA workshop, I was extremely selective about what types of social events I would go to, and in general I would plan everything around the ability to find a private bathroom. Now I am less restrictive, but it still impacts me daily, especially at work.	Sep 5, 2011 5:15 AM
18	I went to the urologist and was taught how to catheterize myself so that I wouldn't be limited. Now I carry the small, self-caths with me wherever I go.	Sep 5, 2011 1:31 AM
19	IParauresis has limited my desire to go out and do things I would/probably enjoy. It hampers the desire to excel in a career also.	Sep 4, 2011 7:59 PM
20	Worry and self-conscious about not being able to urinate when I need too. It causes anxiety.	Sep 4, 2011 5:56 PM

Q6. Please explain how paruresis has limited your lifestyle.

21	I never let it limit my activities.	Sep 4, 2011 9:25 AM
22	I try to avoid road trips with other people (besides my spouse), I avoid social activities that don't have access to a "safe" bathroom for an extended period of time, I cut outings short if I am unable to find a safe bathroom (and feel ashamed about it), I have a hard time concentrating if I need to urinate, and I dread the thought of working for a company that requires a urinalysis.	Sep 4, 2011 7:30 AM
23	I worry about special social events months in advance.	Sep 4, 2011 6:42 AM
24	worrying, stress. always thinking about what the bathroom will be like wherever I go. If with family or friends at an outing, always waiting for them to go first so that I can be alone.	Sep 4, 2011 5:24 AM
25	One doesn't make close friends.	Sep 3, 2011 8:01 PM
26	I am afraid to go on trips with friends and when I must go on a trip, I often will plan my actions around when I predict I will have to urinate. I also will often intentionally, or unintentionally drink less water than I should to avoid having to pee as much.	Sep 3, 2011 7:36 PM
27	Social Life severely affected. Constant stress and fear of random drug testing at job site,	Sep 3, 2011 7:13 PM
28	Limits outings and no live sports events - travel for fun in general is limited or special accommodations are required. My spouse is very understanding. Travel by air is also problematic.	Sep 3, 2011 2:09 PM
29	Avoid live theater where there are short intermissions and long restroom lines. No longer attend opera	Sep 3, 2011 12:23 PM
30	I avoid places where I'll be "stuck" for a few hours. There are some things I won't volunteer for, or trips I would not take.	Sep 3, 2011 12:07 PM
31	I spend too much time worrying about the next time I need to go. Often makes it more difficult to enjoy trips with others.	Sep 3, 2011 11:48 AM
32	Mostly limited some social events and opportunities to go to public events particularly with friends	Sep 3, 2011 11:16 AM
33	Two failed marriages, restricted leisure behavior, limitations in work, not travel in groups, impaired self-esteem, fear of new relationships	Sep 3, 2011 10:28 AM
34	Paruresis made me insanely helpless suicidal frustrated angry embarrassed hopeless, hateful of life, of any so-called God and of mother nature.	Sep 3, 2011 6:30 AM
35	Has created sub-conscious limitation on being in senior management or CEO; limits where and when I go out and with whom	Sep 3, 2011 5:38 AM
36	I am 90% recovered so no significant impact at this time in my life, however, in the past, it effected much more - job, social activities, significant anxiety, etc.	Sep 3, 2011 5:29 AM
37	Avoiding social situations where I would have to pee.	Sep 2, 2011 11:48 PM
38	Limits travel	Sep 2, 2011 9:06 PM

Q6. Please explain how paruresis has limited your lifestyle.

39	It limits my social life as well as my work choices.	Sep 2, 2011 7:38 PM
40	Limits foreign travel especially	Sep 2, 2011 6:52 PM
41	The biggest impact was when I was a boy. I chose to be a loner and refrained from having close male friends because it was too hard to explain that I wanted to use public bathrooms alone.	Sep 2, 2011 6:35 PM
42	avoid boat trip and fishing where no bathroom (private) exist. Continual looking for the "exit" plan. Timing bathroom trips around other males at a function or party. The embarassment of it	Sep 2, 2011 6:21 PM
43	Limits time spent with groups of friends. Severly limits career options/ advancement. Potentially limits relationships with women. Had trouble going after drinking mutiple beers during Super Bowl XVI network broadcast.	Sep 2, 2011 6:00 PM
44	For better or worse, I'd probably be a completly different person if I didn't suffere with this!	Sep 2, 2011 5:49 PM
45	Frustrating to have to manage when I'm going to go esp. big events, work meetings, etc.	Sep 2, 2011 5:49 PM
46	I've shied away from long parties, club nights, similar social events. It's made flying difficult.	Sep 2, 2011 5:17 PM
47	Decisions are usually based on whether a private restroom will be available.	Sep 2, 2011 5:11 PM
48	Shame is key. Means I must hide my "defect." Means I must avoid activities/situations in which my "defect" might be exposed.	Sep 2, 2011 4:35 PM
49	The limitations on participating in social activities, spectator events, etc., that I have imposed on myself because of paruresis have largely coincided with, rather than being in conflict with, my personal inclinations. In that sense it has not limited my life style, but has required that I 'work around' many difficulties, and thus increased my disinclination to such activities.	Sep 2, 2011 4:18 PM
50	I have chosen not to let paruresis limit my lifestyle. I have continued to live an active lifestyle and not live in fear. I was astounded when I attended a workshop and listened to the stories of participants. Everyone handles this differently.	Sep 2, 2011 4:18 PM
51	I have avoided: Public Events Large Groups Travel with others Concerts Job Offers	Sep 2, 2011 4:13 PM
52	Don't drink liquids before going somewhere that I know will not have a private bathroom	Sep 2, 2011 4:05 PM
53	I have to waste extra time planning my schedule.	Sep 2, 2011 4:01 PM
54	Having to think about bathrooms in advance of activities. Worries that there might not be privacy. Fear of not being able to go.	Sep 2, 2011 3:54 PM
55	Reluctant to go on day trips or stay with friends. Even shorter outings such an evening out can be stressful.	Sep 2, 2011 3:30 PM
56	Before I did training and graduate exposure therapy it was a major issue as I could only void in very limited circumstances. Now it's mainly an issue only on	Sep 2, 2011 3:29 PM

Q6. Please explain how paruresis has limited your lifestyle.

air flights.

57	In the corporate world not able to using the bathroom. Also effects personal life, vacations and going out with friends, relationships limiting on where you can go and how long you stay at a certain place.	Sep 2, 2011 3:26 PM
58	I love to travel, but it can be challenging to find appropriate facilities. I also do not go socialize very often outside of the house as I'm anxious about unfamiliar bathrooms.	Sep 1, 2011 5:03 PM
59	Despite attending 2 workshops, I have not been able to use public restrooms without high anxiety. I generally use only stalls and mostly sit to urinate the problem being more my sensitivity to the sound than to privacy. I still consider my restroom options first when contemplating activities though I have rarely not done an activity or trip because of my paruresis.	Sep 1, 2011 1:18 PM
60	My willingness and ability to participate in certain social activities, travel and career change/advancement activities have been impacted by paruresis.	Aug 31, 2011 8:41 PM
61	Restricted choices, both work and social due to the need to be close to home to use toilet in privacy.	Aug 31, 2011 3:28 PM
62	Have to be very calculating when in public places	Aug 31, 2011 1:36 AM
63	One example: I LOVE to fish. Many trips require one to be in a boat ALL day long. Manly men in boat just hang it over the side or go in a bucket in front of everybody else. I do not fish nearly as often as I would like.	Aug 30, 2011 11:20 PM
64	destroyed a marriage. Limited friendships growing up, missed out on many things growing up and still now.	Aug 30, 2011 6:39 PM
65	Prior to attending workshops, I spent nearly every day of life (since I was 4?) trying to figure out where I could find an empty or private restroom. But despite this challenge, I have been extremely blessed to have had a successful career (so far) and to have been able to travel the world. Although, over the years there have been some trips that I did not go on because of restroom issues. Now, thanks to the workshops, I am OK in most public restrooms using a stall. And even a urinal if the restroom is large enough and not crowded. However, parauresis still impacts my life. I was recently laid off by a multi-billion international firm after they shut down the division that I was running. The firm was one of the few in my industry that didn't drug test its employees. It would be extremely awkward for me to get a job offer for a senior executive position at a new firm and then have to ask someone at the company if they have an alternative testing method, like hair or saliva, if I'm unable to pee in a cup. Given the current competitive job market, it's not something I look forward to doing. :)	Aug 29, 2011 6:22 PM
66	1. Prefer to work in offices with "good" bathrooms. 2. Not going to company picnics or outings with friends & family unless I'm familiar with the bathroom facilities.	Aug 29, 2011 4:54 PM
67	I am two years in recovery having been to two workshops. I practice most every day, adjusting my life now around finding public restrooms, not avoiding them. I am determined to not be limited and every time I pee in a public setting I am closer to that day. IPA, Steve and Rodger have saved my life.	Aug 29, 2011 4:54 PM
68	Paruresis introduces an element of anxiety when attending social functions and	Aug 29, 2011 11:50 AM

Q6. Please explain how paruresis has limited your lifestyle.

entertainment events

69	I have no idea what it is like to fully enjoy life without worrying about if I will be able to use the restroom facilities when I go out. It is like have a ball and chain around my ankle all the time.	Aug 29, 2011 6:44 AM
70	Avoid long time involvements like visits, evenings out, trips with others	Aug 29, 2011 6:39 AM
71	Will not go on airplanes for long trips. Will avoid events that have large amounts of people. Will avoid crowded bathrooms.	Aug 29, 2011 5:22 AM
72	It seems to somehow affect all areas of life - you always have to be thinking of if there is a safe place for you	Aug 28, 2011 11:36 PM
73	Controls when and for how long I travel or attend functions.	Aug 28, 2011 9:05 AM
74	To enjoy any activites I had to deem it safe. If there was too much of a threat I'd have to stay clear of it. This included many social settings, sports activites and just about every aspect of my life, with extremely high anxiety if I found myself in a bad postion. Sometimes the solution was out of desperation. You talk alot of a "cure". When I was in the middle of it I often thought it was behind me so I would have to test to see if the boggie man was still there and he sure was. I can only imagine that a cure would be of an individual nature and not something where one size fits all.	Aug 28, 2011 8:31 AM
75	I am pretty fortunate to have found ways of dealing with it. I have traveled all over the world. But I have to admit to not liking to be in places with large crowds in case I have to use the bathroom and might have an issue. I have become very creative and get by pretty well.	Aug 27, 2011 8:55 PM
76	Can't go to some places with casual friends where I know I'll have trouble peeing. Don't date very often. Can't go to activities with families and friends. Not going to church because of it.	Aug 27, 2011 7:38 PM
77	It has caused lots of anxiety/stress, but I made a decision to never let it limit my lifestyle. This has been a daily challenge, but with the workshop and additional counseling, I've made clear improvement	Aug 27, 2011 6:16 PM
78	Feel uncomfortable traveling with others.	Aug 27, 2011 4:53 PM
79	Parauresis has become a hindrance to my social gatherings and dating life.	Aug 27, 2011 10:00 AM
80	travel is difficult or impossible, no concerts, limits social functions and party attendance, no plays or anything with intermissions. It goes on and on.	Aug 27, 2011 8:00 AM
81	Originally travel, but have recovered exceptionally through practice.	Aug 26, 2011 5:53 PM
82	Turned down opportunities to merge my business and expand but afraid I would not be able to control my surroundings. Turned down many trips including free airfare to other countries as a guest of the government. Had to pay thousands of dollars for a bill I didn't owe but couldn't go to court to fight it.	Aug 26, 2011 1:41 PM
83	In almost every way	Aug 26, 2011 1:39 PM
84	Ballgames, plays, plane trips, etc. are just about out of the question. Social events with friends much reduced.	Aug 26, 2011 1:36 PM

Q6. Please explain how paruresis has limited your lifestyle.

85	Sometimes avoid large public gatherings - ball games, concerts.	Aug 26, 2011 11:20 AM
86	I have to think hard about my bathroom choices before I do about anything.	Aug 26, 2011 8:16 AM
87	Limits travel and social life	Aug 26, 2011 7:53 AM
88	I avoid activities with others with long duration if there is no possibility to urinate (time pressure)	Aug 26, 2011 6:48 AM
89	It has impact in all areads of my life.	Aug 26, 2011 2:13 AM
90	while i have taken to more activites than the past (especially outdoors like backpacking/hiking) i find myself feeling sullen in highly social (high traffic) environments, such as sporting events etc. It is here where the issue seems to constantly permeate, never absconding.	Aug 25, 2011 9:27 PM
91	Drink less. Need to use stall.	Aug 25, 2011 9:23 PM
92	vacations, social gatherings etc can either be limited or anxiety filled at times	Aug 25, 2011 9:00 PM
93	Before I do anything, I consider the bathroom situation and whether or not I will be able to pee. Depending on how safe I feel about that, I decide whether or not to go. Often, the answer is no.	Aug 25, 2011 7:16 PM
94	By making choices that minimize the situations that might be difficult as a paruretic. For example: travel, sporting events, vacations, etc...	Aug 25, 2011 7:14 PM
95	I avoid any and all activities that put me in a position where I may not be able to relieve myself and have no out. If it's not easy but possible to find a safe place to relieve myself I will offer participate but with anxiety, resulting in less than a good time.	Aug 25, 2011 6:57 PM
96	Camping, boating, or attending events at stadiums are challenging because of either the lack of facilties or the sheer number of people lined up to use them.	Aug 25, 2011 6:26 PM
97	It is always on my mind when traveling or getting into unfamiliar settings how and when I will be able to use a public restroom.	Aug 25, 2011 6:13 PM
98	I rarely go out with friends for any extended period of time. It's affected relationships because I won't go out on dates with my significant other	Aug 25, 2011 5:43 PM
99	always wondering if public restroom is shy bladder friendly.	Aug 25, 2011 5:19 PM
100	I say no to activities if it is longer than a few hours and I can't gaurantee a safe bathroom. Combined with my natural shyness, I've said no alot and become quite isolated.	Aug 25, 2011 4:16 PM
101	I have to choose carefully what social activities I can attend based on types of bathroom availability. Also, I have very limited career options because of todays standards for workplace drug testing.	Aug 25, 2011 4:06 PM
102	see above	Aug 25, 2011 4:01 PM
103	Couldn't do travel or long trips with other men	Aug 25, 2011 2:25 PM
104	sometimes i take allot longer in the restroom because i waiting for it to be "safe"	Aug 25, 2011 1:20 PM

Q6. Please explain how paruresis has limited your lifestyle.

105	Caused me to be in a prison much of my life.	Aug 25, 2011 12:40 PM
106	Where I can work and under what conditions I can work. I don't attend professional sporting events, state fairs, fly on a commercial airline, etc. or participate in anything that involves large quantities of people over an extended period of time.	Aug 25, 2011 11:52 AM
107	At work every working day and panic at each business travel	Aug 25, 2011 11:24 AM
108	Turned down appointment to US Naval Academy. Rejected positions requiring extensive business travel. Did not take some vacation trips that my spouse wanted. Avoided some social events.	Aug 25, 2011 11:19 AM
109	Every choice you make is prefaced by how/where will I be able to pee.	Aug 25, 2011 11:01 AM
110	Hard to travel due to inability to use public restrooms. Hard to vacation with my family for fear of having to hold my bladder all day on an outing. Fear of going to seminars for my business since I do not know the restroom situation	Aug 25, 2011 8:53 AM
111	anxiety over dating and social activities, avoidance of concert halls and other cultural events, limiting the time at friends or relatives homes	Aug 25, 2011 8:37 AM
112	At job interviews and/or schools I have applied for I check out the bathroom situation as well as everything else. Some activities/trips I have turned down partly due to paruresis.	Aug 25, 2011 8:19 AM
113	it is still always on my mind when I know I have to leave my house	Aug 25, 2011 8:16 AM
114	Plumbing failure (no flow) in presence of others. Sometimes same thing during drug screens.	Aug 25, 2011 8:12 AM
115	concern with long air travel	Aug 25, 2011 8:08 AM
116	I would have stayed in the military, right now I'm a truck driver and am always afraid I might not be able to produce enough urinealways fearful for my job.	Aug 25, 2011 7:19 AM
117	I find it stressful or nearly impossible to travel a long way from home. The inability to freely urinate is central to anything I plan to do.	Aug 25, 2011 7:08 AM
118	I served in the military for 11 years. The increasing frequency of observed urinalysis for drug screens was a significant factor in my choosing to leave the service. Looking for a new job is still stressful knowing I might have to test.	Aug 25, 2011 6:52 AM
119	I've gotten somewhat better as I get older; however it ruined most of my childhood and largely contributed to dropping out of high school. I missed out on church camps, etc I would have loved to go on. As an adult it is not just an annoyance and causes anxiety, especially at work.	Aug 25, 2011 6:50 AM
120	Postpone vacation, defer recreation opportunities	Aug 25, 2011 6:26 AM
121	being uncomfortable - when you know you're in a large crowded event - such as a baseball game -YOU are the one not drinking more than one Coke etc	Aug 25, 2011 6:19 AM
122	Limits recreational activities and enjoyment.	Aug 25, 2011 4:46 AM
123	Avoidance behaviors of activities I enjoy. Limit travel.	Aug 25, 2011 4:34 AM

Q6. Please explain how paruresis has limited your lifestyle.

124	leaving dinners/parties/social events, excuses for using bathroom for extended periods of times at work, pain associated with holding it in for 10+ hours	Aug 25, 2011 4:32 AM
125	Being embarrassed about not being able to perform something as basic as this	Aug 25, 2011 4:09 AM
126	I have to think about how long I'll be away from a restroom that works for me. I'm limited very much in taking car trips or spending a long day out with family and friends.	Aug 25, 2011 3:10 AM
127	It has caused anxiety during social events with friends and others. I feel like an outsider because I have to sneak around to pee	Aug 25, 2011 2:28 AM
128	When I went to university I chose to go home when I needed to go although I wanted to stay longer. I can become stressed when I need to go but there is not possibilities around.	Aug 24, 2011 11:59 PM
129	I avoid activities where it would be an issue.	Aug 24, 2011 10:25 PM
130	Most importantly, it limits my options for travel.	Aug 24, 2011 9:36 PM
131	Everything was planned around "safe" bathrooms. This prevented me from socializing much throughout college. The anxiety caused my bladder to fill much faster than normal which caused a nightmarish feedback loop: being anxious about finding a safe bathroom caused my bladder to fill more quickly which made me more anxious about finding a safe bathroom. Learning to self-cath helped a lot at first. I didn't talk to my doctor, I just figured it out myself. I haven't needed to use a catheter very much (more times just practicing than actual field use), but just knowing that it's an option helped tremendously. I still often carry one when I'm out, just in case. Over the past several years, I've used systematic desensitization techniques at work to treat my Paruresis and I have improved substantially. I still prefer to sit in a stall when I'm out and about.	Aug 24, 2011 9:16 PM
132	I have often "pushed through" and placed myself in situations where I knew it was going to be difficult--foreign travel, for instance. I've had some very uncomfortably long stretches of time when I had to wait until I found a place where I was able to urinate, but decided that what I was doing was more important than my comfort--generally an expression of my faith in mission travel.	Aug 24, 2011 8:58 PM
133	Requires additional planning in certain situations.	Aug 24, 2011 8:37 PM
134	Every social gathering is a calculation.	Aug 24, 2011 8:34 PM
135	In addition to items listed in #5, I would add air travel, bus travel, train travel, and social gatherings where there is likely to be challenging bathroom situations.	Aug 24, 2011 8:27 PM
136	Spent most of my life planning safe places to pee. Limited travel.	Aug 24, 2011 8:21 PM
137	Less willing to take risks.	Aug 24, 2011 8:09 PM
138	Overly focused on where bathrooms are and how crowded they may be.	Aug 24, 2011 7:39 PM
139	Before I recovered (after 40 years of suffering), every aspect of my life was affected. I refrained from participating in activities that required me to be away from home for more than a few hours; my social, professional, and personal life were all severely impacted. I ruminated about how, where, and when I was going to find a "safe" bathroom and lived my life in a state of constant anxiety as a	Aug 24, 2011 7:32 PM

Q6. Please explain how paruresis has limited your lifestyle.

result.

140	The fear is ALWAYS present.	Aug 24, 2011 7:10 PM
141	It effects my Career as I have to do Drug Tests at Random all the time plus Medical in every job I apply for and stand next to someone looking at my Urine and Penis while i have this problem. It has caused me to loose jobs as I was unable to give a sample. It causes major Anxiety and Depression. Self esteem gets real low as you face your demons every day and night. I hate it and wish I was dead sometimes.	Aug 24, 2011 7:06 PM
142	Always think ahead, less spontaneous.	Aug 24, 2011 6:59 PM
143	One is always conscious of the need for access to a low stress restroom or you need to cath.	Aug 24, 2011 6:55 PM
144	just got back from a trip to italy i have been wanting to take for 40 years thanks to ipa workshops & houston support group.	Aug 24, 2011 6:50 PM
145	Things are improving all the time, I still hesitate to go to bars and public places where I would like to drink or spend a lot of time. I also avoid large events where washrooms are limited. This may change in time however. In Canada, it is rarely necessary to give a drug test, however, I am not sure I would be able so this could also affect my lifestyle.	Aug 24, 2011 6:48 PM
146	I avoid being with others (Males) for longer than 4 hours at a time if away from my home.	Aug 24, 2011 6:44 PM
147	As a teenager, there was much more anxiety and shame. This has gradually diminished with age and the IPA has had a major impact.	Aug 24, 2011 6:27 PM
148	At conferences and meetings I have had to use the restroom during the meeting rather than during breaks	Aug 24, 2011 6:25 PM
149	Has made it harder to enjoy many social occasions in the past. I have conquered this condition since I found the IPA chat forum 15 years ago and have lead or been involved with support groups since then.	Aug 24, 2011 6:15 PM
150	excused myself from trips with friends. excused myself early from social outings.	Aug 24, 2011 6:08 PM
151	I wouldn't travel anywhere where I knew the bathroom facilities were not "safe". I also wouldn't work a job where there is not always a toilet (this sounds weird, but I would love to do field work or adventure travel)	Aug 24, 2011 6:07 PM
152	can't travel or go out with friends.	Aug 24, 2011 6:03 PM
153	I would say urine drug testing in the workplace has limited my options simply because my anxiety is so high with this test. I believe in workplace drug testing but there needs to be alternative drug tests for people suffering with paruresis to make it easier for us.	Aug 24, 2011 5:58 PM
154	Impacted my son's and his family's life and eventually directly impacted my own life.	Aug 24, 2011 5:30 PM
155	Although it's much better now, I used to avoid stadium games, concerts. I used to sprint to the bathroom at intermission to try to beat the rush. Was difficult to	Aug 24, 2011 5:21 PM

Q6. Please explain how paruresis has limited your lifestyle.

give urine specimens at a youth at the dr. office. Could not pee while laying down in bed in the hospital as a teen, and had a rude nurse say to splash my hand in warm water, and if that did not work I might need to be cath'ed. (which was frightening). Could not pee along the highway even if I really had to go and would have to ask friends to find a gas station.

156 Limited choices somewhat, but I have always been able to work around it and have been okay and accepting of my parauresis Aug 24, 2011 5:19 PM

157 I lived for many years feeling shame about having paruresis. This affects one's life by lowering self-esteem, which interferes with one's happiness and thus has the effect of limiting one's life. Aug 24, 2011 5:16 PM

158 avoid group get aways like going to a ball game with people Aug 24, 2011 4:59 PM

159 Only like to do & go where there are 'safe' bathrooms. Caths have helped a great deal. Have not been able to master breath holding. Aug 24, 2011 4:53 PM

160 Prior to attending a workshop, parauresis negatively affected all aspects of travel (business or travel). It influenced many choices I have made in the past with regard to where I work, what I participate in and how I manage daily functions. Things are much better now. Although not cured, I manage the condition much better. Aug 24, 2011 4:45 PM

161 always on the alert for available rest rooms, sitting in restaurants, etc. where I could see the Rest room door, and keeping count of guys entering and exiting so I could venture a turn! Not going to rest room with a group, waiting till all have been, then "deciding" that now I have to go! Aug 24, 2011 4:22 PM

162 Always stay near home. Afraid to travel. Aug 24, 2011 4:16 PM

163 When at its severest it made me reluctant to fly. It was a problem when i was in the Naval Reserve and went on cruises. I would sneak into the head at 2:00A. I spent a lot of time and money in psychological consulting. Never did correct the problem. Aug 24, 2011 3:57 PM

164 refrain from fishing on lake with friends in a boat...pass on going to football games where limited stalls in bathroom, bus trips where everyone would depart at the same tiome to restroom... Aug 24, 2011 3:34 PM

165 I will avoid some activities, or trips, out of potential anxiety about bathrooming situations and privacy. Aug 24, 2011 3:17 PM

166 Let's start with a recent victory! I took a pee at the airport today and this is probably the fifth time in a year. I play mind games saying to myself "they don't know how long I've been standing here so it's safe to pee." Now you're asking yourself "so why can't this guy pee anywhere? I don't know is the answer but these successes bring me hope. Hate going to concerts and anywhere that has a cattle trough. Hate going into a bathroom with someone I know because even a stall can't dampen the noise. Panic attacks are not far from happening in these situations. Hate road trips with males that I know. Hate bars sometimes depending upon the bathroom layout. I won't go to places with no bathroom stall doors. I just don't see how the general public can help a paruretic in the bathroom. Aug 24, 2011 3:15 PM

167 Long plane flights Aug 24, 2011 3:09 PM

Q6. Please explain how paruresis has limited your lifestyle.

168	I was unable to use restrooms out side of my house most of the time	Aug 24, 2011 2:57 PM
169	Limits where you go, who you do things with. Typically prefer to stay home rather than travel especially if you are traveling in a group.	Aug 24, 2011 2:51 PM
170	For years I avoided going to places with others when I did not think I would find a safe place to pee.	Aug 24, 2011 2:47 PM
171	Am careful about doing activities (including rtaveling) so that I can find a bathroom that I think I will be able to pee in	Aug 24, 2011 2:44 PM
172	I can't really separate my paruresis from my atonic bladder because both cause difficulty urinating. I have had more problem when other people are around. I have felt anger because of someone having the nerve to talk to be when I'm urinating or trying to urinate. Many times I have had to wait for someone to leave the restroom or find another restroom. The main problem has been the person who talked to me or someone I know. None of the items in question fit.	Aug 24, 2011 2:35 PM
173	I have missed out on countless trips and experiences (day trips, football games, you name it), I've lost jobs, missed being hired from jobs, and have been forced to work at home. I have missed out on many activities I would have liked to have done with my three children. I live in fear of being trapped somewhere where I can't get to a "safe" restroom.	Aug 24, 2011 2:34 PM
174	Caused urinary infections	Aug 24, 2011 2:31 PM
175	I don't go out often or for any length of time as I don't want to feel the pain and anxiety of not being able to go to the bathroom. I do go on trips with my family, so as not to let them down, but not often. The only exception is Disney World, where I was able to void my bladder 18 times while in the parks.	Aug 24, 2011 2:30 PM
176	Early on it was a major hinderance to my social life, however I have learned to deal with it. Breath holding has been a major help in dealing with parauresis.	Aug 24, 2011 2:15 PM
177	Avoiding activities with public restrooms	Aug 24, 2011 2:13 PM
178	Limit time out of house Limit types of places I go Limits activities I can do	Aug 24, 2011 2:12 PM
179	I would be more willing to travel anywhere if the bathroom situation were not in the back of my mind.	Aug 24, 2011 2:11 PM
180	I've missed out on so many networking opportunities because I didn't want to spend a day not peeing. I hate non-stop flights because I can't pee on the plane. I hate fighting with my family about this too.	Aug 24, 2011 2:09 PM
181	Limited my fathering abilities; limited my travel; limited my relationships and friendships.	Aug 24, 2011 2:08 PM
182	Causes mild-moderate anxiety	Aug 24, 2011 2:06 PM
183	especially difficult on long flights	Aug 24, 2011 2:04 PM
184	I avoid travel or activities where I can't know about bathrooms. I'd dearly love to travel to eastern Europe, I can't pee in a hole in the floor.	Aug 24, 2011 2:03 PM
185	never been able to have normal relationships with women	Aug 24, 2011 2:03 PM

Q6. Please explain how paruresis has limited your lifestyle.

186	Have very significantly improved in the last 6 years, but prior to this - activities were restricted to a few hours - and extremely hostile places, like sports stadiums - were avoided all together. It severely affected my childhood, as the problem started at the school trough at the age of 9 in the 4th grade, and soon generalized to all public toilets and anyone in close proximity. When I was single - it had a very significant impact, as going out to pubs and nighclubs was very difficult, especially with alcohol involved. These days, the problem is mainly limited to travelling and awkward situations like conferences or seminars - where fluid loading etc may be impractical. The ability to form close relationships was also restricted.	Aug 24, 2011 1:55 PM
187	These days it's mainly the fact that I have a problem urinating on planes that limits me (I don't take flights longer than 4-5 hours). I also mostly avoid group activities where I'd have to go while others wait.	Aug 24, 2011 1:53 PM
188	Makes it very difficult to stray too far from home or be out for more than a few hours. Going to a bar or concert with friends is completely out. Vacations can be difficult. Going to an office is a challenge.	Aug 24, 2011 1:50 PM
189	I can't just go "out with the boys". I have to be very careful of social engagements to avoid "getting caught" in a situation where I can't avoid severe discomfort. That's happened too many times.	Aug 24, 2011 1:49 PM
190	# 1 My Carrer. #2 Attending public fuctions or time spent there.	Aug 24, 2011 1:49 PM
191	Limited my ability to go places, do things with others, car trips, travel. Impacted my career choices. Contributed to depression.	Aug 24, 2011 1:45 PM
192	Some fear of leaving the house for extended periods. Avoid many places and situations. Anxiety over the bathroom set up before I go to a public place. Hide the problem from my grandson and male friends so I can get in a stall.	Aug 24, 2011 1:40 PM
193	In some ways it has been a blessing. It is not so severe that I can't do what is worth doing, but it has limited me from doing certain--liking hanging out at bars--that are probably not worth doing anyway.	Aug 24, 2011 1:35 PM
194	The biggest issue is air travel longer than 5 hours. so overseas flights are a problem. they never used to be but I think the planes are much more crowded and the bath rooms much smaller and right beside where the stewardesses stand.	Aug 24, 2011 1:34 PM
195	When younger, caused severe anxiety, thoughts of suicide, fear of dating, low esteem. Felt totally alone	Aug 24, 2011 1:34 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

1	Shock, misunderstanding, misbelief.	Sep 20, 2011 8:35 AM
2	My wife of thirty years is completely supportive and empathetic. I told my parents, or maybe it was just my father, after returning from the Toronto workshop, but got no response. I've never felt able to tell work colleagues or	Sep 18, 2011 1:51 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

	friends. The very first time I ever raised the courage to tell a physician (not the one I have now), his response was, "Don't worry about it." It was completely unhelpful and shut down my ability to tell anyone else for many years. 15 or 20 years ago, another physician referred my for urology testing, flow test, etc. But such tests have never led to any relief from paruresis.	
3	Were amazed.	Sep 16, 2011 12:06 PM
4	Generally sympathy	Sep 16, 2011 1:08 AM
5	response varies	Sep 15, 2011 10:26 PM
6	The physician was understanding. My girlfriend was also but I felt she doesn't truly understand as far as the limitations this problem seems to create.	Sep 10, 2011 3:24 PM
7	Very compassionate and understanding. Positive all around.	Sep 10, 2011 4:56 AM
8	Accommodative by some, concerned by family, but in no case did anyone other than myself induce shame.	Sep 9, 2011 4:06 PM
9	When I first told a Dr they didn't know what it was. I had to return with IPA literature. After that it was a battle convincing the attached psychology unit this was a condition that I needed help with. Eventually I found another Dr in another area who, whilst not knowing its name, was sympathetic and I received, after a 9 month wait on the British NHS, a 10 week CBT course to help me. I told my current partner because obviously I have no choice there. My boyfriends have been the only ones I have told and I resist explaining for as long as possible. He has been sympathetic and patient but after 2 years I still can't relax.	Sep 9, 2011 2:16 AM
10	supportive, no big deal, surprised I've kept it hidden this long.	Sep 8, 2011 10:05 AM
11	My mother was like "really," then told me how she had the disease a little bit too. Her case wasn't as severe. My girlfriend just couldn't understand it, but it didn't appear to change her view of me at all.	Sep 7, 2011 2:33 PM
12	They had a problem too.	Sep 6, 2011 7:21 PM
13	Mostly supportive, some indifferent	Sep 6, 2011 11:44 AM
14	mostly empathy. many people seem to identify with this.	Sep 6, 2011 9:57 AM
15	sympathetic	Sep 5, 2011 6:48 PM
16	Surprise that such a phobia exists, then sympathy and understanding.	Sep 5, 2011 6:25 PM
17	Most have been sympathetic.	Sep 5, 2011 11:20 AM
18	My wife was surprised the condition existed and had had no idea that I had the problem, even though she had known me for 4 years. I have come to learn that she does not consider my bathroom habits really at all, for ex. how long I may take in the washroom. Both my physician and urologist were not familiar with the problem when I told them.	Sep 5, 2011 7:17 AM
19	Everyone has been very supportive.	Sep 5, 2011 5:15 AM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

20	Surprise.	Sep 5, 2011 1:31 AM
21	Some understand. Others kind of confused that such a condition exists and do not realize the scope of it.	Sep 4, 2011 7:59 PM
22	Accepting but a few don't understand the impact it has casued in my life.	Sep 4, 2011 5:56 PM
23	most people don't care	Sep 4, 2011 9:25 AM
24	All have been sympathetic and willing to help me cope/improve, with the exception of one urologist who refused to believe me and subjected me to a bladder scan.	Sep 4, 2011 7:30 AM
25	I found that out that other people have the same problem but don't share it.	Sep 4, 2011 6:42 AM
26	was a non-issue for my wife (girlfriend at the time), she was supportive. Friend was also supportive... haven't talked about it with him since -he probably forgets now!	Sep 4, 2011 5:24 AM
27	My doctor, a urologist, said it was a common thing.	Sep 3, 2011 8:01 PM
28	Mostly pity, and they told me I should get help.	Sep 3, 2011 7:36 PM
29	Surprised	Sep 3, 2011 7:13 PM
30	No much reaction is most cases. It's been awhile.	Sep 3, 2011 2:09 PM
31	Understanding	Sep 3, 2011 12:23 PM
32	The responses were neutral to kind. Regarding question #9, Self Cath was helpful for two employment drug tests. The holding-the-breath technique you told about is very helpful in situations where there is a small, unknown, amount of time in which I'm alone in a public restroom.	Sep 3, 2011 12:07 PM
33	I am too self concious	Sep 3, 2011 11:48 AM
34	A lot less dramatic than I expected, mostly supportive, still some overall misunderstanding of what it means	Sep 3, 2011 11:16 AM
35	Understanding, respect, compassion	Sep 3, 2011 10:28 AM
36	Personal acquaintances are mostly ALL politely tolerant while the general anonymous public world is ruthlessly ridiculing and scorning.	Sep 3, 2011 6:30 AM
37	Supportive, but few really "get" the overall impact	Sep 3, 2011 5:38 AM
38	Mostly supportive. I have one unfortunatly bad experience with sharing in my 20's in a professional setting.	Sep 3, 2011 5:29 AM
39	Neutral	Sep 2, 2011 11:48 PM
40	They understand and are not judgemental. Some also have the problem.	Sep 2, 2011 9:06 PM
41	Generally positive.	Sep 2, 2011 7:38 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

42	Sympathy from spouse	Sep 2, 2011 6:52 PM
43	Most of the people that I have told have expressed total surprise that such a condition exists, which means that I must have been extremely good at hiding it. I have received total support and encouragement from everyone,	Sep 2, 2011 6:35 PM
44	Fine, I have an understanding wife. I really dont want anyone else to know.	Sep 2, 2011 6:21 PM
45	Mostly positive. One girl I was seeing once brought it up as" you have that problem." Had problems during Super Bowl XVI. Thought freinds would understand at the time, I was 18 at the time. They did not. Turned out to be a rough night. Was glad 49'ers won though.	Sep 2, 2011 6:00 PM
46	Friends were suprised, Physicians seemed to already know about it.	Sep 2, 2011 5:49 PM
47	Always supportive - too bad we're all still so hesitant to talk about it.	Sep 2, 2011 5:49 PM
48	A urologist told me it was nothing; he didn't seem to know what else to say. A nurse was curious.	Sep 2, 2011 5:17 PM
49	Supportive	Sep 2, 2011 5:11 PM
50	Various. A male friend said, "Oh, stage fright. I could help you with that." Sons said nothing. Girlfriend (I'm divorced) pushed me to get face-to-face help from IPA, bless her.	Sep 2, 2011 4:35 PM
51	Usually it is bewilderment at first, then sympathy.	Sep 2, 2011 4:33 PM
52	Physician -- very recent experience -- understanding/accepting/helpful	Sep 2, 2011 4:18 PM
53	Everyone took it very matter-of-factly. Concern, but what am I doing about it. Very supportive.	Sep 2, 2011 4:18 PM
54	It helped others understand past behavior patterns.	Sep 2, 2011 4:13 PM
55	No big whoop.	Sep 2, 2011 4:05 PM
56	Very supportive.	Sep 2, 2011 4:01 PM
57	All supportive, but a few didn't understand that there could be such a condition.	Sep 2, 2011 3:54 PM
58	Reaction was quite supportive in both cases, though it took awhile to convince them that the condition could not be overcome simply by "trying harder".	Sep 2, 2011 3:30 PM
59	Initial surprise about the issue but generally supportive. From my personal experience, physicians are usually unaware of the issue and tend to downplay it.	Sep 2, 2011 3:29 PM
60	Understanding, pity.	Sep 2, 2011 3:26 PM
61	Some puzzlement, but mostly sympathy.	Sep 1, 2011 5:03 PM
62	My son indicated that he sometimes has problems with using public restrooms but not at a high level of severity. The others that I mentioned it to seemed to understand a little but I don't think they fully appreciate the anxiety it causes me.	Sep 1, 2011 1:18 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

63	Mixed. Most people were sympathetic. One person was critical and thought I was making a big deal over nothing.	Aug 31, 2011 8:41 PM
64	No negative response, all were either supportive, understanding or indifferent.	Aug 31, 2011 3:28 PM
65	very positive, much support	Aug 31, 2011 8:05 AM
66	Understanding, but didn't seem to grasp gravity of issue for me	Aug 31, 2011 1:36 AM
67	Spouse was very understanding. Physician too. Friend kinda blew it off and I think forgot about it completely based on later behavior.	Aug 30, 2011 11:20 PM
68	In response, people have always been more unfazed and underwhelmed than I expected them to be. It's a little bit disappointing because it's this huge secret that I carry around. It's such a great weight that it's surprising to see people accept it so unflinchingly. It's also a relief, though. It's nice to unburden yourself and see that the world doesn't crumble. And the loved ones whom I've told have been supportive and encouraging. Most surprising is the level of understanding. That's helpful, of course, but it's never going to "solve" my problem.	Aug 30, 2011 6:40 PM
69	it has all been positive, some people understand some do not quite get it but no one has been derogatory	Aug 30, 2011 6:39 PM
70	I've only shared this information with close family members that I knew were not going to be judgemental.	Aug 29, 2011 6:22 PM
71	For clarification: I do not have a spouse or partner, nor siblings, or else I would have shared this info with them also. I've had positive and supportive reactions from those I've told. Several people needed to be better educated about the problem I had with parauresis.	Aug 29, 2011 4:54 PM
72	Surprise. Not understanding the impact on my life. Never heard of it. Whats' the big deal?	Aug 29, 2011 4:54 PM
73	partner's reaction was very appreciative	Aug 29, 2011 3:03 PM
74	supportive and understanding	Aug 29, 2011 11:50 AM
75	Overall very supportive	Aug 29, 2011 6:44 AM
76	Wife totally supportive and eager to help but upset that I waited so long to tell her (30 some years.) Friends quite sympathetic and accepting. Physician quite helpful with self-cath process.	Aug 29, 2011 6:39 AM
77	Mostly empathetic and supportive.	Aug 29, 2011 5:22 AM
78	It's been accepted without making a big deal of it.	Aug 28, 2011 1:34 PM
79	Surprise and empathy.	Aug 28, 2011 12:04 PM
80	Mixed. Sympathetic or they did not understand the impact it has on me.	Aug 28, 2011 9:05 AM
81	My wife has always been very understanding, my siblings, where I believe it all started, were not. For the most part they just didn't get it. I would never mention it to them but by my actions they knew. In quest. 9, I wish I knew of IPA. Just to	Aug 28, 2011 8:31 AM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

	know that there were others would have been a bit of relief. ps. . . .it is behind me	
82	Shared in a light hearted way. Everyone could relate. Not an issue.	Aug 27, 2011 8:55 PM
83	Most can't fathom there being a problem.	Aug 27, 2011 7:38 PM
84	The response from my friends has been very compassionate and supportive.	Aug 27, 2011 6:16 PM
85	Acceptance from spouse and scepticism from physician.	Aug 27, 2011 12:46 PM
86	Positive - people generally wanted to help.	Aug 27, 2011 10:31 AM
87	I've shared this with no one.	Aug 27, 2011 10:00 AM
88	apparent understanding and support, but obviously no real grasp of the effect on my life	Aug 27, 2011 8:00 AM
89	Understanding and supportive	Aug 26, 2011 10:21 PM
90	Understanding and empathy	Aug 26, 2011 5:53 PM
91	Disbelief, nonsense from one and compassion from another that has led to a major improvement in my problem but not a cure.	Aug 26, 2011 1:41 PM
92	Sympathetic and very little impact on them or the relationship. Gave partner more understanding of my issues	Aug 26, 2011 1:39 PM
93	Empathy from all but physicians. From physicians mostly ignorance of the problem and well-inteded poor advice. (Just take some valium when you go on a flight).	Aug 26, 2011 1:36 PM
94	confusion, concern, compassion, curiosity, misunderstanding, gratitude	Aug 26, 2011 11:38 AM
95	Emphaty, positive, professional.	Aug 26, 2011 11:20 AM
96	They pretty much don't what the problem is. It's a body function. No one watches you.	Aug 26, 2011 8:16 AM
97	Most have been understanding	Aug 26, 2011 7:53 AM
98	They do not see it as a big problem	Aug 26, 2011 6:48 AM
99	Understanding on one hand, other hand the surprise, that this is or could be problem.	Aug 26, 2011 2:13 AM
100	supportive followed by sadness and self blame (at least from parents) that they never recognized this and tried to intervene in my early formative years.	Aug 25, 2011 9:27 PM
101	varied from understanding, to confusion but never scorn...at least not to my face. Sometimes humorous but not mean spirited	Aug 25, 2011 9:00 PM
102	My wife was relieved to know that there was a reason I took so long in public restrooms. My kids and friends were supportive. My urologist had never heard of it but read Steve's book when I gave it to him and has been genuinely	Aug 25, 2011 7:16 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

	supportive. He showed me how to self catheterize when I went to Paris and it saved the trip.	
103	Sympathy	Aug 25, 2011 7:14 PM
104	Lack of interest. Respectful. Yet lack of understanding.	Aug 25, 2011 6:57 PM
105	Spouse: Supportive Parents: Ambivalent Physician: Interested	Aug 25, 2011 6:26 PM
106	In all instances, the people were sympathetic and I did not feel any judgement. Most seemed a little surprised, but did not make a big deal out of it.	Aug 25, 2011 6:13 PM
107	Most people said that everyone has it to a certain extent. They sympathize, but most (other than my partner) don't seem to grasp how serious the problem is for me. They think it just means I'm a little shy in getting started or something... they don't realize that I actually CAN NOT go even if I THINK someone might come in the room, or is too close to the room.	Aug 25, 2011 5:43 PM
108	not a big deal to my wife.	Aug 25, 2011 5:19 PM
109	My doctor said don't worry, he gets that too, he just uses the stall at places like Wrigley Field where there's only troughs to pee in. Did not give any medical solutions.	Aug 25, 2011 4:16 PM
110	Family member: mostly indifference because they were not aware of the implications. Physician: my urologist was actually supportive, and taught me how to self-cath.	Aug 25, 2011 4:06 PM
111	wife is very understanding. Doctor somewhat understanding, seems to get slightly upset when I mention it now. Keeps saying it is psyche problem & doesn't think it should be a big deal	Aug 25, 2011 4:01 PM
112	Others thought it wasn't a big deal ... women could understand how men would be intimidated at urinals	Aug 25, 2011 2:25 PM
113	what's that?	Aug 25, 2011 1:20 PM
114	Spouse has been very supportive but I feel guilty in that it imposes limits on our lifestyle. One physician had a family member with the disorder so he could relate to it while the other one had never heard of it before. Neither one had a viable treatment option.	Aug 25, 2011 11:52 AM
115	Supportive	Aug 25, 2011 11:26 AM
116	understanding but hard to comprehend	Aug 25, 2011 11:24 AM
117	Family & friends just fine...understanding. All of the 4 physicians did NOT seem to really understand...just said take more time in bathroom.	Aug 25, 2011 11:19 AM
118	Very compassionate, understanding, yet not able to see the whole picture.	Aug 25, 2011 11:01 AM
119	My husband has been very understanding and helpful. My physician had no knowledge of paruresis	Aug 25, 2011 8:53 AM
120	People are less judgemental than I feared. My urologist says it's not that	Aug 25, 2011 8:37 AM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

	uncommon.	
121	Response was supportive, i.e. "we are all flawed individuals".	Aug 25, 2011 8:19 AM
122	it helped me to make people aware and took a lot of the pressure off me if I took longer in the bathroom or if I didn't want to go someplace now friends and family understand	Aug 25, 2011 8:16 AM
123	supportive	Aug 25, 2011 8:08 AM
124	comprehensive	Aug 25, 2011 7:56 AM
125	Friend was symphathetic and my dr. idnt really understand but my urologyst knows about it.	Aug 25, 2011 7:19 AM
126	99% of everyone I've told has been extremely supportive even if they might not totally understand it.	Aug 25, 2011 7:08 AM
127	Empathy	Aug 25, 2011 6:54 AM
128	My spouse(s) were completely supportive. The friend I shared with also suffered.	Aug 25, 2011 6:52 AM
129	mostly positive. My parents accomodated as much as they could, especially on trips. My friends understand and even some admit to having it as well. Ironically, I am an adult probation officer and frequently have to "watch" persons on probation provide a UA. For some it is extremely difficult and I try to tell them some suggestions from Soifer's book, etc to help.	Aug 25, 2011 6:50 AM
130	She said: I never suspected you had that problem.	Aug 25, 2011 6:26 AM
131	understanding -	Aug 25, 2011 6:19 AM
132	so what.	Aug 25, 2011 6:19 AM
133	Supportive - knew of others with this issue.	Aug 25, 2011 4:46 AM
134	Accepting. No judgement.	Aug 25, 2011 4:34 AM
135	most people don't get the seriousness	Aug 25, 2011 4:32 AM
136	Compassion	Aug 25, 2011 4:09 AM
137	Not much. Didn't understand	Aug 25, 2011 3:10 AM
138	Partner is OK with it and wants to help. Others accept it and really don't treat me any differently, some want to help as well.	Aug 25, 2011 2:28 AM
139	The response was positive feedback and my spouse said she already knew.	Aug 24, 2011 10:25 PM
140	Most were quite understanding. Some said they occasionally had problems in public restrooms.	Aug 24, 2011 9:36 PM
141	I have not shared with anyone except IPA and therapist.	Aug 24, 2011 9:21 PM
142	Parents: concern, understanding. My dad mentioned that he had similar	Aug 24, 2011 9:16 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

problems when he was younger. Girlfriend: okay, not a big deal (although my Paruresis had improved dramatically before I met her). I probably wouldn't be dating if things hadn't improved since college. Physician: was kind of peripherally aware shy bladder syndrome. Didn't really seem to know that it was called Paruresis. I provided him with some information about it. He wrote a doctor's note for me in case security gave me any problems when flying with my catheters. Telling the first person was the hardest. It has gotten substantially easier after that. I still haven't told my siblings or any friends though. If the right situation arose, I would probably feel fairly comfortable telling anyone that I know well. Not sure about telling work colleagues though.

143	People deciding that they could fix me. My physician stopped asking for a urine specimen.	Aug 24, 2011 8:58 PM
144	Very understanding	Aug 24, 2011 8:37 PM
145	Most understand, but when I was younger friends sometimes had immature reactions.	Aug 24, 2011 8:34 PM
146	Lessened degree of anxiety around those people and reduced impairment in their proximity.	Aug 24, 2011 8:27 PM
147	Supportive in all cases	Aug 24, 2011 8:21 PM
148	surprise and indifference	Aug 24, 2011 8:09 PM
149	Support	Aug 24, 2011 7:39 PM
150	I have been very open with everyone about the degree to which I suffered from paruresis. The response has always been positive ("I'm sorry; I wish there was something I could do to alleviate your emotional pain", "it must be hard for you to travel", etc.	Aug 24, 2011 7:32 PM
151	Supportive	Aug 24, 2011 7:10 PM
152	People don't know what to say as unless you have it. Even Doctors are useless they can offer you a pill.	Aug 24, 2011 7:06 PM
153	Some people are very under standing and supportive, while others just don't understand why it is such a big deal. They really don't care to talk about it.	Aug 24, 2011 7:00 PM
154	they don't understand but still nice about it or they understand somewhat.	Aug 24, 2011 6:59 PM
155	They accepted it as a fact.	Aug 24, 2011 6:55 PM
156	everyone was supportive & most forgot soon after i told them.	Aug 24, 2011 6:50 PM
157	Most people are supportive, although they don't get it usually and will tease me or negate the impact it may have on my life. Some people will outright laugh seeing it as a ridiculous thing to have. Not many offer to help me improve in some way.	Aug 24, 2011 6:48 PM
158	I once shared it with a general physician and a urologist and neither took it seriously. I didn't go to either a second time nor did I mention it to anyone else--ever. It is a great secret in my life.	Aug 24, 2011 6:44 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

159	supportive and understanding	Aug 24, 2011 6:27 PM
160	Empathetic	Aug 24, 2011 6:25 PM
161	generally supportive. Doctors generally think I'm making it up	Aug 24, 2011 6:23 PM
162	I have told over 100 people over the years and they have all been supportive and understanding.	Aug 24, 2011 6:15 PM
163	most people are ho-hum about it, some are surprised, and some are relieved, actually! it explains weird behavior that they couldn't figure out. most people get stage fright at some point and understand.	Aug 24, 2011 6:07 PM
164	i don't think he understands the scope of the problem	Aug 24, 2011 6:03 PM
165	They understood my issue. I wouldn't consider my family paruretics but they could relate to my issue simply because they had times in their lives when they found it difficult to urinate under pressure also.	Aug 24, 2011 5:58 PM
166	I do not have parauresis. The survey was designed without thought that there could be IPA members who do not have the condition. Consequently, the appearance is given that you are limiting your outreach and effectiveness.	Aug 24, 2011 5:30 PM
167	Friends have been supportive and understanding, and have even "stood guard" at the door of a bathroom so I could have it to myself. Although once when I tried to pee roadside and said "don't look" my buddy started yelling from the car saying he was watching which made it impossible for me to relax, so I had to tell everyone in the car that I needed a gas station instead, which was embarrassing, but I was glad I spoke up to get my need met. .	Aug 24, 2011 5:21 PM
168	Positive and supportive. It made it easier to go in their presence and made it okay to not go and try again later.	Aug 24, 2011 5:19 PM
169	Sympathetic acceptance, except for one physician who was not successful in hiding his contempt.	Aug 24, 2011 5:16 PM
170	First time (before I was aware of IPA or that anyone else had the same problem) there was a total lack of understanding and a refusal to acknowledge this was a problem that needed any special consideration. Since I found the IPA website and bought books about it, it has been much easier to explain the problem, but partners generally refuse to accept any impact on their own lives, so relationships are essentially impossible.	Aug 24, 2011 5:05 PM
171	It's like they don't think that it's a major problem or it is something they can't realize people can have. Never heard of such at problem.	Aug 24, 2011 4:59 PM
172	Sympathetic to my problem	Aug 24, 2011 4:53 PM
173	I shared this with a close friend who was very understanding and respectful.	Aug 24, 2011 4:45 PM
174	sympathy and advice	Aug 24, 2011 4:43 PM
175	One friend: said he had occasionally "locked up" if others were too close at urinals. Usually he could go if he concentrated fully and blocked out surroundings. I have sometimes found that helpful.	Aug 24, 2011 4:22 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

176	It's no big deal. A lot of people have trouble urinating in public.	Aug 24, 2011 4:16 PM
177	Very supportive.	Aug 24, 2011 4:01 PM
178	Very understanding.	Aug 24, 2011 3:58 PM
179	I spoke to a physician and had read that phenelzine helped overcome the inhibition. He prescribed it. It didn't help and was addictive. It in fact caused a blockage. It did clear my head. I think that becoming involved in a Christian Church and acknowledging Jesus was the greatest help.	Aug 24, 2011 3:57 PM
180	understanding	Aug 24, 2011 3:34 PM
181	disbelief on the part of some doctors	Aug 24, 2011 3:31 PM
182	From wife, total understanding and support; I "came out" after a dozen years of marriage. From my older brother, my only sibling, maybe 20 years later the attitude, "you should do something about it." I.e., not a whole lot of understanding and support.	Aug 24, 2011 3:17 PM
183	Former spouse was very supportive but let me get away with closing the bathroom door. She should have insisted it stay open so I could desensitize at least with her. Just told my kids recently after reading a I started reading "Shy Bladder Syndrome." I am half way through it. I told two kids out of five. They were happy I got it off my chest but don't really understand how it could be that much of a problem for me. My youngest has mild paruresis. I am determined to rid him of these phobia. I have finally found help and I intend on helping others when I know enough to be useful.	Aug 24, 2011 3:15 PM
184	Spouse- supportive Physician- Uninformed	Aug 24, 2011 3:09 PM
185	Shock, confusion, support	Aug 24, 2011 2:57 PM
186	support from spouse disbelief that people have this problem	Aug 24, 2011 2:51 PM
187	Whenever I tell someone I have paruresis, I put this fact in a positive light. I said that because of the IPA, I am now able to face my fear, and I am getting better. Always the response has been something along the line of "Well, good for you!" Never have I had a less than positive response, and I am no longer hesitant about telling anyone.	Aug 24, 2011 2:47 PM
188	Wife didn't really have any comment	Aug 24, 2011 2:44 PM
189	I don't have a spouse or partner. I don't think that I have ever had a reason to share it with my brother because we are never in a restroom together. Everyone whom I have told has been supportive, but I explain it as part of my physical problem (atonic bladder), which makes it easier to share.	Aug 24, 2011 2:35 PM
190	Almost universally understanding, with sympathy and acceptance. Although I think a few people find it perhaps almost a little unbelievable, but most people express at least a mild case of it for themselves.	Aug 24, 2011 2:34 PM
191	Others share that they may have parauresis. Complete compassion. Doctor helped me find solutions.	Aug 24, 2011 2:31 PM

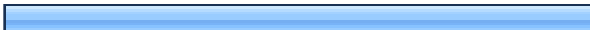





Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

192	Very little, except my father-in-law did understand it would take me extra time if I needed to go while on the golf course.	Aug 24, 2011 2:30 PM
193	One physician laughed until he realized I was serious. My wife has been very supportive.	Aug 24, 2011 2:15 PM
194	For the most part no significant reaction. OK, thanks for telling me. Supportive.	Aug 24, 2011 2:13 PM
195	Most pity offer pity or just seemed confused.	Aug 24, 2011 2:12 PM
196	Ranged from "what's that?" to surprise to indifference to lack of understanding on its impact on day to day life	Aug 24, 2011 2:11 PM
197	Mostly negative. Either because they don't feel it's a genuine problem or because they think it's a gross problem that shouldn't be shared. Unless the person I'm telling suffers from some sort of disability themselves, they just don't get it.	Aug 24, 2011 2:09 PM
198	Family members and friends are sympathetic. Most doctors could care less.	Aug 24, 2011 2:08 PM
199	Some empathise. Others are simply confused by it and don't get it, including physicians. I have had no negative responses eg belittling, but then I am selective who I tell.	Aug 24, 2011 2:06 PM
200	Strong support from all I've shared with	Aug 24, 2011 2:03 PM
201	mostly, they can not relate to what I go through	Aug 24, 2011 2:03 PM
202	Depends. Parents were hostile. Physicians at best neutral and confused. Work colleagues were supportive.	Aug 24, 2011 1:57 PM
203	Shared the problem with spouse - who was unsympathetic and did not take it seriously. Shared the problem with parents, who were empathetic but did not understand the full gravity of it - especially in the "land of the trough" - Australia.	Aug 24, 2011 1:55 PM
204	Generally either some sympathy or else they don't particularly care.	Aug 24, 2011 1:53 PM
205	Father laughed and mocked me. Mother was supportive.	Aug 24, 2011 1:51 PM
206	in addition to wife, the workshop people, of course. My wife has been very supportive and patient. She has her own social anxieties, so she is not judgemental and does her best to make plans which will generally work for my limitations.	Aug 24, 2011 1:50 PM
207	Interest, empathy, willingness to help	Aug 24, 2011 1:49 PM
208	mostly positive, understanding and some not. Some encouraging.	Aug 24, 2011 1:49 PM
209	Some moderate concern as of lately.	Aug 24, 2011 1:45 PM
210	No real understanding. Empathy. It helps to know that they know. I don't have to feel rushed in a bathroom. They know why I go into a stall.	Aug 24, 2011 1:40 PM
211	Everyone I spoke to was supportive or at least indifferent.	Aug 24, 2011 1:35 PM

Q8. If you have shared the fact that you have paruresis, please comment on what the response was when you shared this information.

212	I shared with my Men's Group of 10 men and they were very supportive.	Aug 24, 2011 1:34 PM
213	not much reaction	Aug 24, 2011 1:34 PM

1. Please list what services of IPA you have utilized.

		Response Percent	Response Count
Website		88.2%	246
Local support groups		38.0%	106
Workshops		62.4%	174
Individual counseling		11.1%	31
Advocacy		6.1%	17
Other		7.9%	22
answered question			279
skipped question			2

2. If you answered Other to question 1 please indicate what other services of IPA you have accessed.

	Response Count
	32
answered question	32
skipped question	249

3. Please rate your satisfaction with the services of IPA:

	Website - Information and Referral	Local support groups	Workshops	IndividualCounseling	Advocacy	Other
Very Helpful	34.6% (81)	9.8% (23)	45.7% (107)	3.4% (8)	5.1% (12)	1.3% (3)
Somewhat Helpful	38.0% (54)	24.6% (35)	22.5% (32)	5.6% (8)	7.0% (10)	2.1% (3)
Not Helpful	11.1% (2)	27.8% (5)	11.1% (2)	16.7% (3)	11.1% (2)	22.2% (4)
N/A	0.0% (0)	19.0% (16)	3.6% (3)	22.6% (19)	16.7% (14)	38.1% (32)
						answered question
						skipped question

4. Please rate by order of importance to you what you recommend the top priorities of IPA should be:

	Top Priority	# 2 Priority	#3 Priority	# 4 Priority	# 5 Priority	# 6 Priority	Rating Average	Response Count
Find a cure for paruresis	46.4% (122)	13.7% (36)	9.5% (25)	6.8% (18)	12.2% (32)	11.4% (30)	2.59	263
Decrease the stigma of paruresis	8.6% (22)	18.4% (47)	19.2% (49)	22.0% (56)	16.9% (43)	14.9% (38)	3.65	255
Help improve day-to-day function of people living with paruresis	37.6% (102)	32.1% (87)	14.4% (39)	9.2% (25)	5.5% (15)	1.1% (3)	2.16	271
Increase awareness in society of paruresis	13.4% (34)	22.4% (57)	22.4% (57)	21.3% (54)	15.0% (38)	5.5% (14)	3.19	254
Advocate for legislation related to make drug testing easier for people with parauresis	18.8% (49)	14.6% (38)	18.8% (49)	16.2% (42)	15.8% (41)	15.8% (41)	3.43	260
Advocate for improved restroom design	8.0% (21)	18.0% (47)	19.5% (51)	15.7% (41)	16.9% (44)	21.8% (57)	3.81	261
Other	26.3% (5)	5.3% (1)	5.3% (1)	5.3% (1)	0.0% (0)	57.9% (11)	4.21	19
answered question								281
skipped question								0









5. If you answered Other to question 4 please list the priority area (s)

	Response Count
	13
answered question	13
skipped question	268



6. Please indicate if there are other areas you recommend that IPA should work on or if you have suggestions for IPA regarding strategies we should consider.

	Response Count
	52
answered question	52
skipped question	229

7. What areas are you interested in assisting IPA to move forward in achieving the priorities you have identified.

		Response Percent	Response Count
Lead a local support group		40.0%	30
Help organize a workshop		26.7%	20
Help staff a phone support line		13.3%	10
Help be a phone support buddy		53.3%	40
Help with fundraising		14.7%	11
Serve on the Board of Director		12.0%	9
Help with building relationships for advocacy or fundraising		9.3%	7
Help identify a spokesperson for IPA		14.7%	11
	answered question		75
	skipped question		206

8. Please include the following information if you are interested in volunteering to assist IPA in any of the areas above.

		Response Percent	Response Count
Name:		100.0%	55
Email Address:		100.0%	55
answered question			55
skipped question			226

Q2. If you answered Other to question 1 please indicate what other services of IPA you have accessed.

1	NOTE: Question 3 does not work properly. It only allows each of the satisfaction levels to be chosen once. I found the website and workshops to be very helpful; local support group somewhat helpful, and individual counseling and advocacy are N/A	Sep 8, 2011 10:16 AM
2	contacts of fellow bro.	Sep 6, 2011 7:31 PM
3	Read IPA book	Sep 5, 2011 7:21 AM
4	No others.	Sep 5, 2011 1:35 AM
5	I've also started my own IPA Support Group.	Sep 4, 2011 5:56 PM
6	attended 2 workshops, became a group leader for a year	Sep 4, 2011 9:28 AM
7	N/A	Sep 3, 2011 7:18 PM
8	Printed material purchase	Sep 3, 2011 12:28 PM
9	Purchased books from the IPA bookstore.	Sep 2, 2011 3:35 PM
10	Phone Meetings	Aug 29, 2011 11:59 AM
11	books	Aug 28, 2011 9:02 AM
12	Website/blog and I attended a workshop	Aug 27, 2011 6:13 PM
13	There is a problem with the setup of question 3. Not possible to rank two or more services equal...	Aug 26, 2011 4:24 AM
14	The Book	Aug 26, 2011 2:11 AM
15	Read his book and followed the instructions. It worked	Aug 25, 2011 3:59 PM

Q2. If you answered Other to question 1 please indicate what other services of IPA you have accessed.

16	publications from IPA store	Aug 25, 2011 8:31 AM
17	books by members	Aug 25, 2011 8:10 AM
18	None except donated \$	Aug 25, 2011 8:05 AM
19	Ordered a book.	Aug 25, 2011 6:40 AM
20	read shy bladder syndrome	Aug 24, 2011 9:04 PM
21	I meet up and play golf with other people who suffer it and while playing golf we pee in the park.	Aug 24, 2011 7:18 PM
22	We don't have any services in Nashville, Tennessee	Aug 24, 2011 6:53 PM
23	I don't know of any support groups or workshops in my area.	Aug 24, 2011 5:52 PM
24	Not sure if I used the website to make a contribution or not.	Aug 24, 2011 5:24 PM
25	Phone calls with Steve about issues with my job pertaining to shy bladder.	Aug 24, 2011 5:10 PM
26	I am answering this survey. I wish you had a button so i could print out my responses. I make a screen movie, but that is kind of klunky	Aug 24, 2011 3:48 PM
27	none	Aug 24, 2011 3:19 PM
28	As an SGL for 8 years, I did not seek support as much as I tried to provide support. Doing this was not all altruism. An SGL receives as much as he gives.	Aug 24, 2011 2:27 PM
29	Read notes from phone conference and emailed in recommendations. NOTE: QUESTION 3 WILL NOT LET YOU SELECT DISTINCT ANSWERS FOR EACH QUESTION. IF YOU SELECT N/A FOR "LOCAL SUPPORT GROUPS" YOU CAN'T CHOOSE N/A FOR ANY OTHER ITEM WITHOUT ERASING IT FOR "LOCAL SUPPORT GROUPS".	Aug 24, 2011 2:16 PM
30	books	Aug 24, 2011 2:06 PM
31	2 or 3 workshops attended, I have Dr. McCullough's book as well as one other.	Aug 24, 2011 1:46 PM
32	book store	Aug 24, 2011 1:45 PM

Q5. If you answered Other to question 4 please list the priority area (s)

1	All choices above are important. It is hard to prioritize. Some may help improve others.	Aug 29, 2011 5:16 AM
2	IPA could have a program to educate urologist and their residence at medical schools. I have seen numerous urologist 1st due to parauresis, then enlarge prostate, then prostate cancer and surgery. I do not remember any that were very knowledgeable of parauresis or shy bladder.	Aug 25, 2011 12:34 PM
3	jail time for MRO who don't see that staff is properly train	Aug 24, 2011 9:04 PM

Q5. If you answered Other to question 4 please list the priority area (s)

4	Make Salvia Test Mandatory instead of Drug Urine Test.	Aug 24, 2011 7:18 PM
5	Finding base solutions for improving the phobia in individuals, such as seeing the body/emotions/spirit of a person as being connected. I feel that energy work such as acupuncture, Qigong, cognitive therapies, work on empowerment and rebalancing what has become unbalanced can be very helpful in reframing the relationship we have with ourselves and others, and indirectly facilitating the changes needed to help people overcome paruresis.	Aug 24, 2011 6:43 PM
6	An official prescence on You-Tube. There are quite a few paruresis videos on You-Tube, but I did not see any from IPA. I'd volunteer to narrarate, or be an actor to demostrate situations of being pee shy etc.	Aug 24, 2011 5:10 PM
7	Advocate for incarcerated people with paruresis.	Aug 24, 2011 5:06 PM
8	I really don't like these type of surveys because the force me to prioritize. All of these items you have listed are very important.	Aug 24, 2011 4:39 PM
9	These kinds of questions are tough to answer and most all are important. Finding a cure may require things like brain scans similar to addiction studies to see what areas are affected. I think not being able to go could be an OCD.	Aug 24, 2011 3:48 PM
10	Since I'm barely "out of the closet" so to speak, and a recent member of IPA, I was hoping you professionals could tell me.	Aug 24, 2011 2:53 PM
11	Advocate research to better understand this problem	Aug 24, 2011 2:10 PM
12	Nothing is going to change without precedent. Priority number one should be recruiting an attorney, preferably to work pro bono or on contingency. Surely there's a paruretic one with a vested interest.	Aug 24, 2011 2:06 PM
13	I'd like to say single bathrooms but I know that is not realistic. I just hate to turn down invites to plays, ball games and any place with large public gatherings	Aug 24, 2011 1:45 PM

Q6. Please indicate if there are other areas you recommend that IPA should work on or if you have suggestions for IPA regarding strategies we should consider.

1	making self cauterization easier	Sep 20, 2011 8:38 AM
2	I was very interested in Steve's comments a year or so ago about his trip to Belgium and the testing he underwent, that sounded promising.	Sep 18, 2011 1:57 PM
3	I think more awareness should be brought to pediatricians and the K-12 school systems. This may help future generations.	Sep 10, 2011 5:01 AM
4	More publicity for Paruresis awareness	Sep 9, 2011 4:48 PM
5	Local workshops	Sep 5, 2011 6:28 PM
6	Well, for me, my paruresis has gotten better with time, so I think coping skills are very important, along with the knowledge that, although this may last for years, it may get better or end.	Sep 5, 2011 1:35 AM

Q6. Please indicate if there are other areas you recommend that IPA should work on or if you have suggestions for IPA regarding strategies we should consider.

7	Keep focus on alternative drug tests, its torture trying to produce urine sample when you can't. I don't use drugs but could be fired for not producing sample, it just not right.	Sep 4, 2011 6:01 PM
8	Drug Testing Issue!	Sep 3, 2011 7:18 PM
9	Spend the effort to be included in corporate giving through united way type campaigns! Many companies add to the gift the employee gives.	Sep 3, 2011 2:13 PM
10	In addition to graduated desensitization exposures, and possibly not necessarily any heavy water-loading as lived in most reallife settings, to be able to provide full intense dedicated immersion in vivo noisy-loud implosive-explosive frustration-assertion-perseverance reactional supportive session-scenario-therapy-approaches with group of 2 or more people with varying supportive mixtures-degrees of various good-bad cajoling.	Sep 3, 2011 7:11 AM
11	Write and produce a Hollywood movie featuring the story of a person dealing with paruresis. I can think of instances in my life which would provide excellent scenes. Anyone dealing with it would. The movie must demonstrate the frustration and loneliness involved. I believe Soifer said in his book the world of a paruretic canbe a dark lonely existence.	Sep 2, 2011 6:09 PM
12	Directory of local therapists	Sep 2, 2011 5:14 PM
13	Provide CE to professional so they have some idea how to treat.	Sep 2, 2011 3:57 PM
14	Support the development of virtual reality technologies (computer-based simulations) that can assist in the desensitization process that can also run on a smartphone, tablet computer, iPod, etc.	Aug 31, 2011 8:36 PM
15	I'm sure you've contacted Dr. Phil already, but try again. & Dr. Drew Pinsky. & Dr. Oz.	Aug 30, 2011 11:23 PM
16	I would like to see a workshop that gives individuals a chance to practice at drug testing clinics.	Aug 29, 2011 5:02 PM
17	I feel I want to help, but the nature of my job is very consuming with time, with odd hours.	Aug 29, 2011 5:16 AM
18	I've had this condition, like many others I'm sure, for a long time. And for a long time I've chased my tail trying to figure out WHY. After seeing your video I think I finally understand. I think just understanding "why" goes a long way towards healing.	Aug 28, 2011 8:03 AM
19	Get the word out in the media.	Aug 27, 2011 8:58 PM
20	There	Aug 26, 2011 4:24 AM
21	Big Companies like HP, GM, Siemens, Daimler etc. have an own doctor team for the employees and work council. If the IPA would send e.g. to the Top 50 of companies a letter to this doctor teams, it may could spread the word.	Aug 26, 2011 2:11 AM
22	Advertising the website on other websites. Too many people find the website just by random internet searches.	Aug 25, 2011 10:05 PM

Q6. Please indicate if there are other areas you recommend that IPA should work on or if you have suggestions for IPA regarding strategies we should consider.

23	I strongly agree with fighting for the "alternate" restroom design cause. Specifically as a male i think having urinals that posses dividers that go all the way down to the ground would be most useful.	Aug 25, 2011 9:21 PM
24	You need to work on your survey forms.	Aug 25, 2011 6:51 PM
25	Working to get more "branches" of IPA at a local level-- either more workshop leaders, more support groups, reaching out to psychologists, etc.	Aug 25, 2011 4:12 PM
26	Workshops are great!	Aug 25, 2011 2:28 PM
27	IPA could have a program to educate urologist and their residence at medical schools. I have seen numerous urologist 1st due to parauresis, then enlarge prostate, then prostate cancer and surgery. I do not remember any that were very knowledgeable of parauresis or shy bladder.	Aug 25, 2011 12:34 PM
28	There are absolutely no support groups in many rural areas. I live in rural Minnesota and there is nothing here. A group support program would be very, VERY helpful but how do you organize one when no one wants to admit they have the problem?	Aug 25, 2011 11:58 AM
29	Make self cath instructions & supplies a high priority. It is so easy with correct cath, lubes and one sheet guidelines! Great solution after 40 years of suffering!	Aug 25, 2011 11:15 AM
30	you are doing a great job and having internet access is so helpful but I would love a local group in the Buffalo area to meet with	Aug 25, 2011 8:10 AM
31	just keep the good work of "spreading the news and information" regarding the cause -	Aug 25, 2011 6:15 AM
32	Research into physicAL causes.	Aug 25, 2011 4:31 AM
33	Focus should be on creating a community to handle the priorities listed above-- not necessarily address them yourselves	Aug 25, 2011 4:29 AM
34	make urinary problems part of physician questionnaire questions with parauresis an included subtopic.	Aug 24, 2011 10:40 PM
35	people need to be treated with diagnity at all times	Aug 24, 2011 9:04 PM
36	Increase awareness of paruresis among health care professionals and educators: more articles published, especially in medical journals	Aug 24, 2011 7:22 PM
37	I play golf with other people that suffer it and we use the Golf Course to Practise peeing outside. Have more work shops on in Australia.	Aug 24, 2011 7:18 PM
38	Online videos that explain graduated exposure would make it easier for new people working alone or in support groups to understand how to practice.	Aug 24, 2011 7:10 PM
39	Section three of the survey did not work correctly. Not sure if it was my computer or the survey. The check boxes acted like radio buttons and would remove my previous choice on the preceding question.	Aug 24, 2011 6:10 PM
40	a paruresis convention at some point would be nice; maybe we're not ready for it now, but I believe there is strength in numbers!	Aug 24, 2011 6:01 PM

Q6. Please indicate if there are other areas you recommend that IPA should work on or if you have suggestions for IPA regarding strategies we should consider.

41	Advocate for incarcerated people with paruresis.	Aug 24, 2011 5:06 PM
42	Making urologists, counselors, and clergy aware of the problem. I wrote a letter to a church leader who read it with the comment "we are our parents construction" on parents using silly and pejorative terms for urination and defecation.	Aug 24, 2011 3:48 PM
43	See number 5.	Aug 24, 2011 2:53 PM
44	Perhaps some type of call-in streaming web show (with past shows posted on Youtube) where people can ask questions, get information, and discuss their stories. These types of shows are gaining popularity and seem to really bring communities of people together.	Aug 24, 2011 2:29 PM
45	I am sorry to say this, but the IPA is not going to be taken seriously until it gives the appearance of being a professional organization. This questionnaire asks members to rate satisfaction with services of the IPA. But no more than one check is allowed at each rating level. Even worse, the word PARURESIS is twice misspelled. Such sloppiness reflects poorly on an organization which has provided great help for many people. This questionnaire is only one example of a poor public relations image too often projected by the IPA. Potential benefactors I'm sure are disinclined to donate to an organization which appears to be amateurish. My suggestion is that the IPA give more thought to projecting a positive and professional image.	Aug 24, 2011 2:27 PM
46	Considering that the jAmerican Restroom Association is affiliated with the IPA, a Forum for other bathroom issues that don't fit the paruresis forums would be helpful. I know that there is an off topic forumj, which is good, but it is very broad.	Aug 24, 2011 2:22 PM
47	A resource directory to include friendly physicians, attorneys, and medical supply companies. I get the impression a lot of people are re-inventing the wheel unnecessarily.	Aug 24, 2011 2:06 PM
48	I dont believe there is such a thing as a cure for parauresis, but rather stages of recovery, and the key is just to get as far along the recovery continuum as possible, and that should be the IPAs primary focus - giving people the best possible tools to get as advanced on the recovery continuum as possible as quickly as possible.	Aug 24, 2011 2:03 PM
49	I would like to se more workshops or at least local support groups where people can meet and talk from time to time. But I would be too fearful to organize or lead.	Aug 24, 2011 1:46 PM
50	I don't think the medical side of paruresis has been explored adequately. From my experience I feel that there is a mechanical/urologic side that is not given enough attention, while there is too much attention paid to the emotional side (which is also very important). I am unable to help at this time but would be pleased to give more feedback.	Aug 24, 2011 1:45 PM
51	self help suggestion. Recommendations of local doctors who understand. Local sources of help.	Aug 24, 2011 1:45 PM
52	Improving Restroom design and awareness of this problem is paruretic unfriendly countries like Australia and the NZ/Pacific region.	Aug 24, 2011 1:44 PM

Q8. Please include the following information if you are interested in volunteering to assist IPA in any of the areas above.