Links

The following topics are covered:

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**Gender equity in bathrooms (aka “potty parity”)**
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**Self-catheterization (CISC) and urinary tract infections**
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**GENERAL RESOURCES ABOUT SHY BLADDER (PARURESIS)**
The International Paruresis Association (IPA), a nonprofit organization whose mission it is to help paruretics (those with paruresis) overcome the stigma, embarrassment, and isolation associated with the condition
www.paruresis.org
Introductory information about paruresis at
www.paruresis.org/about_avoidant_paruresis.htm
Toilet Phobia and Anxiety UK
http://www.anxietyuk.org.uk/condition_toiletphobia.php or UK Paruresis Trust http://www.ukpt.org.uk/
European Paruresis Association http://www.paruresis-europa.org/
Issues unique to female paruretics
www.paruresis.org/womens_resources.htm

**DISCUSSION BOARDS**
IPA “Talk About It” Forums http://www.paruresis.org/phpBB3/ (registration required)
A Place For People With Shy Bladder http://www.paruretic.com
IPA’s Women Only Discussion Forum, moderated by women, to find information that is exclusively focused on female paruretic issues. To join, write to womensforum@paruresis.org. In the subject field, include the words “new member.”
UK Toilet Phobia Group
http://uk.groups.yahoo.com/group/uktoiletphobiagroup/

WORKSHOPS AND SUPPORT GROUPS
The IPA sponsors workshops to help sufferers overcome their condition and facilitates the establishment of support or self-help groups around the world. http://www.shybladder.org/workshops.php. In the UK, go to http://members.boardhost.com/paruresisUK/msg/1209374770.top
For a list of current IPA support groups, access www.shybladder.org/support.php

PROFESSIONAL HELP
To find a certified cognitive therapist in your area, consult the Academy of Cognitive Therapy at www.academyofct.org/Library/CertifiedMembers/Index.asp?FolderID=1137&SessionID={C8392E59-B4E4-4C9E-BC11-01F908EE3D41}&RLMsg=&SP
and/or the Anxiety Disorders Association of America http://community.adaa.org/eweb/DynamicPage.aspx?Site=adaa&WebKey=ce66a0ec-3e19-437d-836b-f180fcdf6814
Therapist who specializes in treatment female paruretics: Ruth Lippin, LMSW, ruthlippin@aol.com

BOOKS, ARTICLES, AND RESOURCES
Books
Curing Phobias, Shyness & Obsessive Compulsive Disorders (also referred to as “Phobease”) by Dr. Howard Liebgold. Booklets and tapes offer practical advice in treating social anxiety conditions such as paruresis. He also teaches classes and is a member of the IPA Advisory Board. Go to www.angelnet.com/fear.html.
A more complete list of books that are sold on the IPA website http://www.paruresis.org/acart/index.htm or on the UK Paruresis Trust

**Articles**
"Pee-phobia" (paruresis) and drug testing http://www.employmentblawg.com/2004/pee-phobia-paruresis-and-drug-testing/
Shy Bladder Syndrome: A Real Anxiety with a Real Solution http://www.poise.com/Learn/LifeAndHealth/BladderHealth/ShyBladder.aspx

**Resources**
Anxiety Disorders Association of America www.adaa.org
Anxiety Disorder-Resources & Information For Those with Anxiety Disorders website http://www.anxiety-disorder.net/
Association for Behavioral and Cognitive Therapies www.aabt.org
National Association for Continence http://www.nafc.org/
National Women’s Health Resource Center http://www.healthywomen.org/
The Simon Foundation for Continence http://www.simonfoundation.org/
Social Phobia/Social Anxiety Association http://www.socialphobia.org/

**ADVOCACY**
To advocate for improved restroom design in the US, contact the American Restroom Association, an IPA subsidiary www.americanrestroom.org
To help improving toilet and sanitation conditions worldwide, contact the World Toilet Organization. http://www.worldtoilet.org/
To help clean up public school bathrooms in the U.S., contact Project CLEAN [http://www.project-clean.com/]

**ASSISTIVE DEVICES FOR PEOPLE WHO CANNOT EASILY URINATE**

**Urinary collection bags**

**Disposable urinal bags**

**Standing up to urinate (with and without the use of a funnel)**
How to urinate while standing up [http://ganimede_x.tripod.com/stp.html](http://ganimede_x.tripod.com/stp.html)
Funnels to help the process:
- [www.freshette.com](http://www.freshette.com)
- [www.pmateusa.com](http://www.pmateusa.com)
- [www.mysweetpee.com](http://www.mysweetpee.com)
- [www.urinel.biz](http://www.urinel.biz)
- [www.whizaway.com](http://www.whizaway.com)
- [www.whizzy4you.com](http://www.whizzy4you.com)

**Female and Portable Urinals**
The Feminal® [www.brucemedical.com/femfemur.html](http://www.brucemedical.com/femfemur.html) or [www.valuemedicalsupplies.com/feminal.htm](http://www.valuemedicalsupplies.com/feminal.htm)
The Millie® is available through medical supply companies or online at [www.valuemedicalsupplies.com/millie.htm](http://www.valuemedicalsupplies.com/millie.htm).

**Portable Toilets**
[www.epcamps.com/portable_toilet.html](http://www.epcamps.com/portable_toilet.html)
[http://potties.com/adult.htm](http://potties.com/adult.htm)

**Privacy tents**
GENDER EQUITY IN BATHROOMS (AKA “POTTY PARITY”)

“Is potty parity a legal right?” by Professor John F. Banzhaf III. http://banzhaf.net/docs/pparticle.html
For a directory of both gender-free bathrooms or traditionally gendered single stall or locking bathrooms, go to www.safe2pee.com.

HYGIENE AND SANITATION ISSUES

See Funnels under “Standing up to urinate”
How to gain control over automatic flush toilets, go to www.flush-stopper.com/what.html

HUMOR

To view the top 10 urinals in the world, go to www.urinal.net. For installation of female urinals, go to http://www.urinal.net/archive/Womens.html

MEDICATIONS

Drug information for Paruretics (www.paruresis.org/drug_faq.htm). Medication that blocks the urge to urinate (Desmopressin Acetate or DDAVP) – useful when traveling http://www.mayoclinic.com/health/drug-information/DR601469
Relief for the burning sensation of urinary tract infections http://www.uristat.com/shorthed.htm

RESTROOM DESIGN

“An Update on Public Restrooms in the USA” by Dr. Kathryn Anthony. Paper presented at the 2006 World Toilet Organization Summit in Bangkok, Thailand
SELF-CATHETERIZATION (CISC) AND URINARY TRACT INFECTIONS

Discussions on Clean Intermittent Self-Catheterization (CISC) for women from the National Institute of Health
http://www.paruresis.org/catheter.htm

Sample free catheters at www.cathforfree.com

Video self-instruction for urinary self-catheterization

How to locate the opening of the urethra prior to self-catherization with an alignment device
http://www.brucemedical.com/ab10001.html and/or with the use of a hand mirror

Urinary Tract Infections in Adults from the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)
http://familydoctor.org/online/famdocen/home/women/gen-health/190.html

STATISTICS


**STRESS MANAGEMENT TECHNIQUES**


**TRAVEL**

9,000-plus public bathrooms in 120 countries are rated; provides information to both travelers and urban dwellers at [www.thebathroomdiaries.com](http://www.thebathroomdiaries.com)
[www.americanrestroom.org/pr/support/reports.htm](http://www.americanrestroom.org/pr/support/reports.htm)
[http://www.biz2web.com/grant/Bathrooms.htm](http://www.biz2web.com/grant/Bathrooms.htm)
[www.darkcreek.com/toilets](http://www.darkcreek.com/toilets)
[www.icbe.org/pages/international.shtml](http://www.icbe.org/pages/international.shtml)
(bathroom etiquette around the world)
[www.mizpee.com](http://www.mizpee.com) (mostly US)
[www.publictoilets.org/pt](http://www.publictoilets.org/pt)
[www.restroomratings.com](http://www.restroomratings.com)
[www.ricksteves.com/graffiti/archives/toilets.htm](http://www.ricksteves.com/graffiti/archives/toilets.htm) (Europe only)
[www.theplumber.com/russiantoilets.html](http://www.theplumber.com/russiantoilets.html) (Russia)
[www.travelblog.org/Forum/Threads/2356-1.html](http://www.travelblog.org/Forum/Threads/2356-1.html)
[www.urinal.net](http://www.urinal.net)
[www.worldtoilet.info](http://www.worldtoilet.info)

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