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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

Shy Bladder Syndrome: Your Step-by-Step Guide to Overcoming Paruresis by Dr. Steven Soifer, co-founder and CEO of the IPA, and colleagues. Available from the IPA Book Store at <http://www.paruresis.org/acart/index.htm> or through Amazon.com (www.amazon.com).

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.

Free to Pee: A Self-Help Guide for Men with Paruresis by Dr. Christopher McCullough's. While geared toward the male audience, this book provides useful information on paruresis and how to deal with it. Available from the IPA Store at <http://www.paruresis.org/acart/index.htm>. In essence, you learn how to be comfortable being anxious. Visit www.paruresis.org/notes_on_AP.htm.

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

website http://www.ukpt.org.uk/news_info/news_info_Books.htm. Literature references can be found at www.paruresis.org/books.htm *The Highly Sensitive Person: How to Thrive When the World Overwhelms You* by Dr. Elaine N. Aron at <http://www.hsperson.com/> or www.amazon.com.

Articles

The American Urological Association has published an excellent article on paruresis <http://www.urologyhealth.org/search/index.cfm?search=men&searchtype=and&topic=410>.

Bashful Bladders. Salon magazine article by Mary Roach.

http://www.salon.com/health/col/roac/1999/05/21/shy_bladder/Looks_easy_enough..._but_not_for_everyone

<http://www.theage.com.au/news/in-depth/a-wee-problem/2007/04/17/1176696828604.html>

For Some, Drug Tests Are Almost Impossible <http://query.nytimes.com/gst/fullpage.html?>

[res=9503E7D61E3DF937A25757C0A9649C8B63&sec=health&spon=&pagewanted=all](http://query.nytimes.com/gst/fullpage.html?res=9503E7D61E3DF937A25757C0A9649C8B63&sec=health&spon=&pagewanted=all)

"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 Kidney and Urologic Diseases Information Clearinghouse <http://kidney.niddk.nih.gov/index.htm>. Enter "urinary retention" as a search term.

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

The Stadium Gal™ at www.biorelief.com/store/stadiumgal.html#.
Hollister Corporation www.athomemedical.com/Absorbent-Pouches/Hollister-Female-Urinary-Pouch.asp).

Disposable urinal bags

The TravelJohn™ <http://www.traveljohn.com/>
The WAG BAG® Toilet in a Bag™ Disposable Urine Bags
<http://thepett.com/index.php?PageLayout=PRODUCTS&headerID2=33&pageID=95>**Urinating while**

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

Funnels to help the process:

www.freshette.com
www.pmateusa.com
www.mysweetpee.com
www.urinelle.biz
www.whizaway.com
www.whizzy4you.com

Female and Portable Urinals

The Feminal® www.brucemedical.com/femfemur.html or
www.valuemedicalsupplies.com/feminal.htm
The Millie® is available through medical supply companies or online at
www.valuemedicalsupplies.com/millie.htm.
The Lady J Adapter® is available online at
<http://www.cabelas.com/spod-1/0014250.shtml>.

Portable Toilets

www.epcamps.com/portable_toilet.html
<http://www.thepett.com/index.php?PageLayout=PRODUCTS&headerID2=36&pageID=98>
<http://www.chemisan.com/product.html>
<http://potties.com/adult.htm>

Privacy tents

<http://www.thepett.com/index.php?PageLayout=PRODUCTS&headerID2=37&pageID=99>

<http://www.restop.com/products/privacy-tent.html>
http://www.pahaque.com/Merchant2/merchant.mvc?Screen=CTGY&Store_Code=POWO&Category_Code=tepee
<http://www.traveljohn.com/1-1-7.php>

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>

“Potty parity may trim long restroom lines” by Matt Bradley (March 2006). Deseret News.

http://findarticles.com/p/articles/mi_qn4188/is_20060312/ai_n1615506_1

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

“Myth: Toilet Seats Are the Dirtiest Thing in the Bathroom: You Can Find More Germs on a Desktop Than a Toilet Seat” (10-14-05). ABC News. <http://abcnews.go.com/2020/Health/story?id=1213831&page=1>
See [Funnels](#) under “Standing up to urinate”

How to gain control over automatic flush toilets, go to www.flush-stopper.com/what.html

HUMOR

For a comical look at what goes on in women’s restrooms, watch “The Ladies Room Monologues” at <http://femalorestrooms.com>.

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

http://www.worldtoiletexpo.com/uploads/images/337/An_Update_On_Public_Restrooms_in_the_USA_-_Prof_Kathryn_Anthony1.pdf

“Minding their pees and queues” by Patrick Donovan (1-20-2005). *The Age*. http://www.theage.com.au/news/National/Minding-their-pees-and-queues/2005/01/19/1106110810530.html&h=165&w=200&sz=8&hl=en&start=162&sig2=OqCellD3X00nP7czY5_M1g&tbnid=yGAoybbjiWzcDM:&tbnh=86&tbnw=104&ei=WFSyRqfPMIXegOOQjqGYBA&prev=/images%3Fq%3Dfemale%2Burinals%26start%3D160%26gbv%3D2%26ndsp%3D20%26svnum%3D10%26hl%3Den%26sa%3DN

“No place to go” by Leslie Lowe (11-10-2005). *The Coast*.

<http://www.thecoast.ca/1editorialbody.lasso?-token.folder=2005-11-10&-token.story=101011.112113&-token.subpub=>

“Authors advocate more and better women’s restrooms in public facilities” by Melissa Mitchell (8-30-2004). News Bureau University of Illinois at Urbana-Champaign

www.news.uiuc.edu/news/04/0830restrooms.html

“Unisex Bathrooms Are No Longer a Rarity at Work” (6-14-2007).

Business Wire. <http://www.allbusiness.com/services/business-services/4352203-1.html>

SELF-CATHETERIZATION (CISC) AND URINARY TRACT INFECTIONS

Discussions on Clean Intermittent Self-Catheterization (CISC) for women from the National Institute of Health

<http://www.nlm.nih.gov/medlineplus/ency/article/003972.htm> and the International Paruresis Association

<http://www.paruresis.org/catheter.htm>

Sample free catheters at www.cathforfree.com

Video self-instruction for urinary self-catheterization

<http://lifecenter.ric.org/content/3509/index.html?topic=1&subtopic=273>.

How to locate the opening of the urethra prior to self-catheterization with an alignment device <http://www.brucemedical.com/ab10001.html> and/or with the use of a hand mirror http://sammonspreston.com/app.aspx?cmd=get_product&id=76555

Urinary Tract Infections in Adults from the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)

<http://kidney.niddk.nih.gov/kudiseases/pubs/utiadult#treatment> and the American Academy of Family Physicians

<http://familydoctor.org/online/famdocen/home/women/gen-health/190.html>

STATISTICS

Gibbs, R. (2004). A Summary of Results from the Australian-based Global Internet Paruresis (Shy Bladder) Survey. Retrieved October 5, 2007, from http://paruresis.org/research_results_RGibbs.htm

Kessler, R., Stein, M.B., & Berglund, P. (1998, May). Social phobia subtypes in the national co-morbidity survey. American Journal of Psychiatry, 155, 613-619. Retrieved September 10, 2006, from <http://ajp.psychiatryonline.org/cgi/content/full/155/5/613>

Malouff, J. & Lanyon, R. (1985, April 1). Avoidant Paruresis: An Exploratory Study. Behavior Modification, Vol. 9, No. 2, 225-234. Retrieved March 8, 2006 from <http://bmo.sagepub.com/cgi/contnet/abstract/9/2/225>

STRESS MANAGEMENT TECHNIQUES

Relaxation Techniques for Relief of Anxiety & Stress by Dr. Susan M. Lark www.healthy.net/asp/templates/article.asp?PageType=article&ID=1205.

Stress management and emotional wellness

<http://www.optimalhealthconcepts.com/Stress> and

http://mentalhealth.about.com/od/stress/Stress_Management.htm

TRAVEL

9,000-plus public bathrooms in 120 countries are rated; provides information to both travelers and urban dwellers at

www.thebathroomdiaries.com

www.americanrestroom.org/pr/support/reports.htm

<http://www.biz2web.com/grant/Bathrooms.htm>

www.cromwell-intl.com/toilet/

www.darkcreek.com/toilets

www.icbe.org/pages/international.shtml

(bathroom etiquette around the world)

www.mizpee.com (mostly US)

www.publictoilets.org/pt

www.restroomratings.com

www.ricksteves.com/graffiti/archives/toilets.htm (Europe only)

www.theplumber.com/russiantoilets.html (Russia)

http://en.wikipedia.org/wiki/Toilets_in_Japan (Japan)

www.travelblog.org/Forum/Threads/2356-1.html

www.urinal.net

www.worldtoilet.info

Note: The author is not responsible for the contents of any linked site or any link contained in a linked site, or any changes or updates to such sites.

