

SBS

INSTRUCTIONS: This questionnaire asks you about common (yet uncomfortable) experiences that people sometimes have when using the restroom. Please answer honestly by indicating how much you agree or disagree with each statement. Your responses will be kept confidential.

	Very Little	A Little	Some	Much	Very Much
1. I avoid public restrooms because I have difficulty urinating around other people.	0	1	2	3	4
2. I feel uncomfortable if other people can hear me urinating.	0	1	2	3	4
3. My bladder seems to “lock up” when I have to urinate in public restrooms.	0	1	2	3	4
4. The only way I can urinate is if I am alone.	0	1	2	3	4
5. I worry that other people will be disgusted by the sound of my urine.	0	1	2	3	4
6. I have trouble urinating if I know there are people waiting in line behind me to use the restroom.	0	1	2	3	4
7. I wait until the restroom is empty before urinating.	0	1	2	3	4
8. The fear of urinating in public has negatively affected my life.	0	1	2	3	4
9. It’s easier for me to urinate in a public restroom if there is a lot of noise.	0	1	2	3	4
10. If I urinate for too long, other people will think there is something wrong with me.	0	1	2	3	4
11. I try to hide the sounds I make when using public restrooms.	0	1	2	3	4
12. I avoid urinating in restrooms at crowded places such as sporting events or parties.	0	1	2	3	4
13. I have difficulty urinating in public restrooms even when I have a strong urge to urinate.	0	1	2	3	4
14. It’s easier for me to urinate in a public restroom if nobody seems to be paying attention to me.	0	1	2	3	4
15. The fear of urinating in public interferes with my daily functioning.	0	1	2	3	4
16. I avoid going to crowded places because of my fear of urinating in public.	0	1	2	3	4
17. I am distressed by the fear of urinating in public.	0	1	2	3	4
18. The fear of urinating in public interferes with my social activities.	0	1	2	3	4
19. I have a fear of urinating in public that seems excessive.	0	1	2	3	4

Source: Deacon, B. J., Lickel, J. J., Abramowitz, J. S., & McGrath, P. B. (2012). Development and validation of the shy bladder scale. *Cognitive Behaviour Therapy*, 41, 251-260.