The 3 incontinence questionnaire (3IQ)

1. During the last three months, have you leaked urine (even a small amount)?
   - Yes
   - No
   [Questionnaire completed]

2. During the last three months, did you leak urine:
   (Check all that apply)
   - a. When you were performing some physical activity, such as coughing, sneezing, lifting, or exercise?
   - b. When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
   - c. Without physical activity and without sense of urgency?

3. During the last three months, did you leak urine most often:
   (Check only one)
   - a. When you were performing some physical activity, such as coughing, sneezing, lifting, or exercise?
   - b. When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
   - c. Without physical activity and without sense of urgency?
   - d. About equally as often with physical activity as with a sense of urgency?

**Definitions of type of urinary incontinence are based on responses to question 3:**

<table>
<thead>
<tr>
<th>Response to question 3</th>
<th>Type of incontinence</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Most often with physical activity</td>
<td>Stress only or stress predominant</td>
</tr>
<tr>
<td>b. Most often with the urge to empty the bladder</td>
<td>Urge only or urge predominant</td>
</tr>
<tr>
<td>c. Without physical activity or sense of urgency</td>
<td>Other cause only or other cause predominant</td>
</tr>
<tr>
<td>d. About equally with physical activity and sense of urgency</td>
<td>Mixed</td>
</tr>
</tbody>
</table>