

A tall palm tree with green fronds and brown coconuts is positioned on the left side of the image.

2025

WOCNext

JUNE 1-3, 2025
ORLANDO WORLD CENTER MARRIOTT

An illustration of a whole orange with green leaves and small white flowers is located in the upper right area.

Orlando
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In Collaboration with the Southeast Chapter of WOCN®

DISCLOSURE OF FINANCIAL RELATIONSHIPS

- I do not have any relevant relationships to disclose.

SESSION TITLE & SPEAKER NAME

- GS04 - Transphobia in Public Restroom Use and Urinary Dysfunction
- Assis, Gisela Maria

INTRODUCTION

Context



- Trans individuals face discrimination, and violence. Prejudice often emerges in the use of binary-gendered bathrooms.
- Such situations impact mental and physical health, leading to potentially harmful behaviors, like improper postures to urinate or postponing urination.

Health Impact



- Which can result in Lower Urinary Tract Symptoms (LUTS), including urinary incontinence and/or retention.

AIM

To Identify the prevalence of LUTS in trans individuals and their freedom in using public restrooms in Brasil.



METHOD



- Exploratory, cross-sectional study, quantitative approach.
- Online questionnaire: sociodemographic and clinical characteristics, LUTS (ICIQ-FLUTS or ICIQ-MLUTS), bathroom behaviors (TB-WEB). One open-ended question on public restroom use experiences.
- Recruitment through direct contact with LGBTQIA+ community organizations and dissemination of the study among their members across different regions of Brazil.
- Approval by the Research Ethics Committee involving human subjects at the School of Nursing, University of São Paulo.
- Descriptive statistics and thematic analysis of data collected up to the date of abstract submission.

RESULTS

Variable	Category	n (%)
Age group	18-24	15 (40.5%)
	25-34	18 (48.6%)
	35+	4 (10.8%)
	Not reported	3 (8.1%)
Gender identity	Trans men / Transmasculine	16 (40.0%)
	Trans women / Travesti (Latina cultural identity)	13 (32.5%)
	Not reported	11 (27.5%)
Hormone therapy	Yes	28 (71.8%)
	No	11 (28.2%)
	Not reported	1 (2.6%)
Affirmation surgery	No	33 (84.6%)
	Yes	6 (15.4%)
	Not reported	1 (2.6%)
Race/ethnicity	White	31 (75,5%)
	Black	9 (20,5%)
Education level	College or more	25 (62.5%)
	High school or equivalent	10 (25.0%)
	Not reported	5 (12.5%)

RESULTS

Mann Whitney Test:
Preemptive voiding
was associated with
voiding symptom
score ($p = 0.034$) and
urinary incontinence
score ($p = 0.006$) in
transmasculine.

LOWER URINARY TRACT SYMPTOM (ICIQ)	n > 0	% > 0
FLUTS – Overactive Bladder (OAB)	23	57.5
FLUTS – Voiding Symptoms	22	55.0
FLUTS – Urinary Incontinence	17	42.5
MLUTS – Incomplete Emptying	15	37.5
MLUTS – Urinary Incontinence	32	80.0
MLUTS – Overactive Bladder (OAB)	26	65.0
TOILET BEHAVIOR (TB_WEB)	n. Yes	% Yes
Preemptive voiding	25	65.8
Straining to void	28	71.8
Bathroom avoidance/preference	34	87.2
Delayed voiding	33	84.6

RESULTS

"Before I was 'passable', I was once kicked out of a men's restroom. Since then, using public restrooms causes me a lot of anxiety, maybe because I'm afraid it might happen again."

"Constant fear."

"Someone once checked the door to make sure it was really the women's restroom, and that hurt me deeply. I felt 'not feminine enough', as if I needed to be more feminine — which triggered more dysphoria."

"At school it's worse. Unfortunately, I don't have the support of the administration, which even asked me not to use the men's restroom."

"I've held my pee many times because of situations like that. I avoid using restrooms outside of home, especially if I'm alone."

"I stay alert at all times out of fear."

"Uncomfortable, unsanitary, and exclusionary."

RESULTS



CONCLUSION



Trans individuals do not feel comfortable or safe using public restrooms, often delaying urination even when the bladder is full. High prevalence of urinary retention and incontinence symptoms was observed across all groups.

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