



Escola de
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Transphobia in Public Restroom Use and Urinary Dysfunction

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Introduction

- Trans individuals face discrimination, and violence.
- Prejudice often emerges in the use of binary-gendered bathrooms (1).
- Such situations impact mental and physical health (2), leading to potentially harmful behaviors
 - like improper postures to urinate.
- And this can result in lower urinary tract symptoms (LUTS), including incontinence and difficulty urinating (3).

Purpose of the Innovation/Objectives

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

Process/Replication

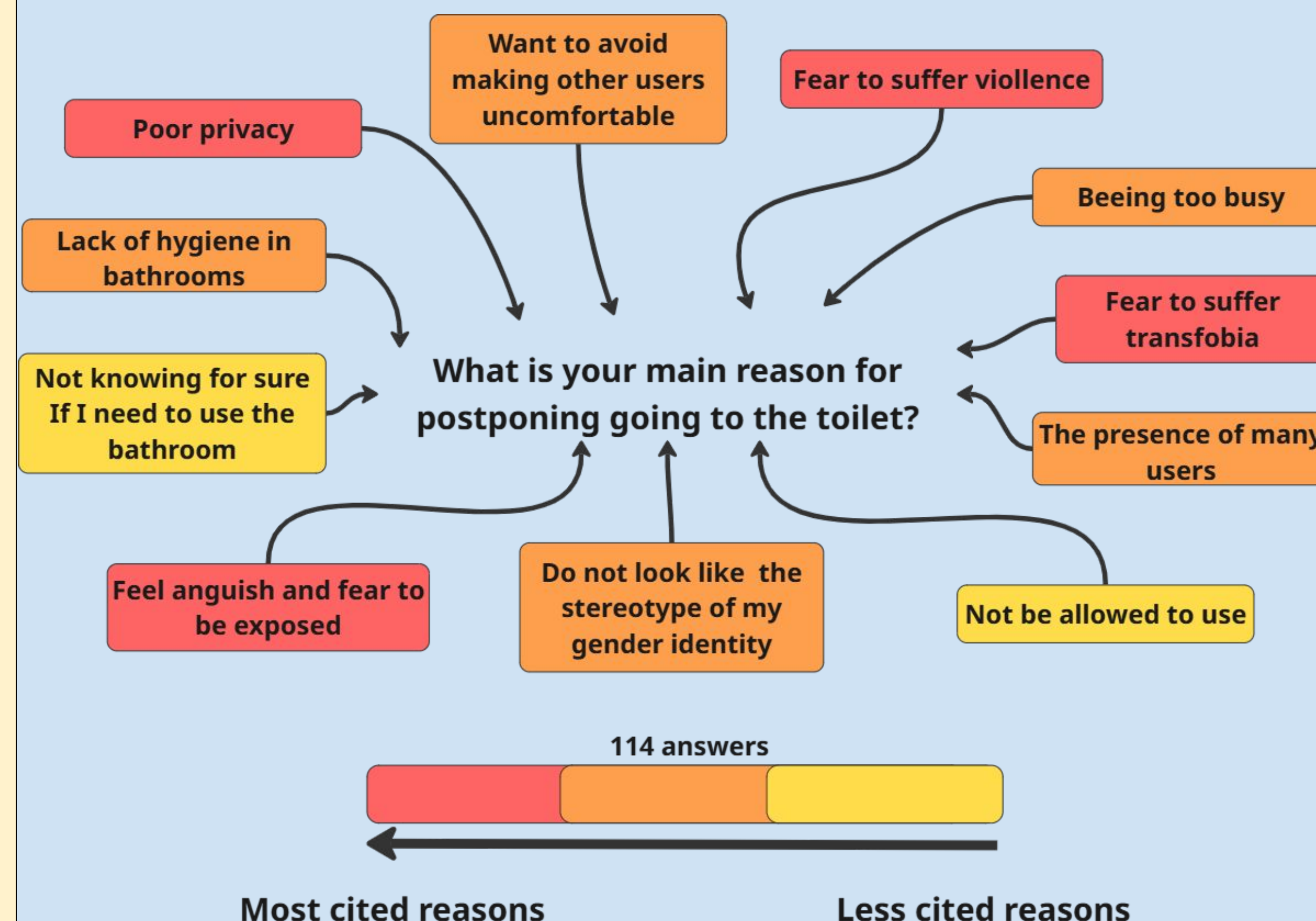
- Exploratory, cross-sectional study, quantitative approach.
- Data collection is carried out through an online questionnaire that contains questions
 - sociodemographic
 - clinical
 - bathroom use symptoms (LUTS) and bathroom behaviors
 - in addition to an open question about experiences using public bathrooms.
- The LUTS and bathroom behavior assessment tools include the
 - ICIQ-FLUTS or ICIQ-MLUTS
 - and an adapted version of the TB-WEB.
- Informed consent is integrated into the digital form.

Process/Replication

- The recruitment is conducted online, at
 - events,
 - through LGBTQIAPN+ collectives,
 - and by community representatives.
- We present descriptive statistics of data collected to date, targeting a sample of 400 participants.

Outcomes

Word cloud of the answers obtained from the questionnaire regarding the question “What is your main reason for postponing going to the toilet?”



Main description of the participants

CHARACTERIZATION

Average age: 28.2 years

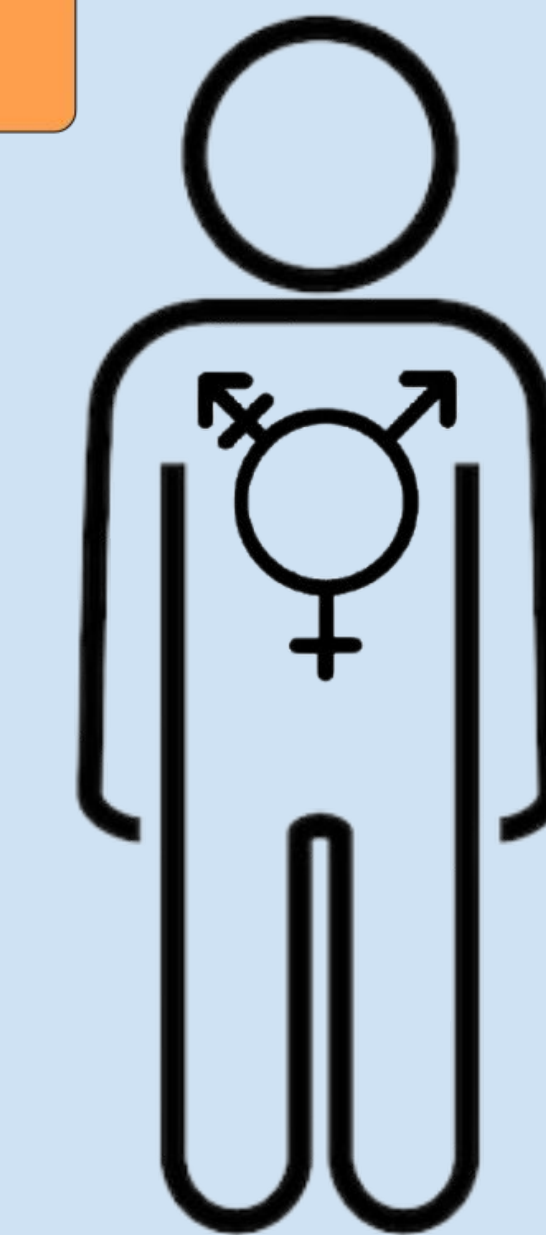
Mostly white

45.5% are male transgender

Median level of education: graduation

18.9% Had undergone gender-affirming surgery.

70.5% undergone hormone therapy



114 Participants

URINARY DYSFUNCTIONS

From male transgender:
82.5% had urinary urgency;
77.5% had hesitancy;
51% had stress urinary incontinence.

From female transgender:
71.4% had intermittent urination;
47.6% had straining to urinate;
19% had enuresis;
87.7% usually postpone the urge to urinate.

Conclusions

- Trans individuals do not feel comfortable or safe using public restrooms.
- Often delay urination even with a full bladder.

References

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2. O'Connell KA, Newman DK, Palmer MH. When did they start? Age of onset of toileting behaviors and urinary cues as reported by older women. *Women's Health Reports*. 2023;4(1):387-399. doi:10.1089/whr.2023.0022
3. Daily AM, Kowalik CG, Delpe SD, Kaufman MR, Dmochowski RR, Reynolds WS. Women with overactive bladder exhibit more unhealthy toileting behaviors: a cross-sectional study. *Urology*. 2019;134:97-102. doi:10.1016/j.urology.2019.08.038