

Have a shy bladder? You might be suffering from an anxiety disorder!

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Be it men or women, one of the most awkward moments we all are scared to experience is facing an encounter with somebody we know in the washroom. There are times or situation when you want to pee in peace. Yes, this is actually one place where you would like to avoid all forms of communication possible, even if it is the office or at a public place.

If you have ever been in a situation like this, where you have almost avoided using the bathroom at all and the mere thought of sharing a bathroom or peeing in public gives you a lot of stress, it is possible that you might have a shy bladder situation. And yes, it might be giving you an anxiety disorder! For some people, the anxiety they get just thinking about peeing in front of other people can be so severe, they can face

performance anxiety. Their bladders just don't work.

What is a shy bladder?

According to doctors, it is something similar to stage fright or performance anxiety. The thought of peeing in public can give people anxiety and this is a real phobia. It is also known as 'Paruresis' and comes only next to the phobia of public speaking, affecting close to 20 million people all around the world.

This phobia affects both men and women across all age groups. The fear develops in people as they tend to feel criticised and judged in the presence of others. This phobia can actually push them to an extent of avoiding urinating altogether even when their body is telling them to. Doing so can actually be bad for your health and in general, bad for your social life too.

Is it an anxiety disorder?

Paruresis can be mild, moderate or severe but the failure to pee can actually affect your mental health too and there is a scientific reason for this. When you face anxiety about peeing outside, your nervous system can get overstimulated and clamp the sphincter. Failure to urinate heightens the person's anxiety, particularly if the bladder is uncomfortably full. People who experience a shy bladder also exhibit similar symptoms, including stress, mood swings and constant worry. Putting the discomfort caused by literally 'holding in your pee', people may go to extents to cut down on their social life just to avoid public exposure. The constant denial and worry about when will it be the time they get to pee in a safe environment can push them to exhibit signs seen in those with OCD or Obsessive Compulsive Disorder.

How does it develop?

Like many phobias, shy bladder syndrome or paruresis develops due to conditioning. It can also be a result of bullying faced at a young age or sexual trauma experienced at a later age. The fear, strangely enough, can also develop post a surgery when they are in their rehabilitory stage.

How is it treated?

For treating this kind of phobia, counselling and cognitive behavioural therapy offer the most benefits. Since paruresis is not a physical ailment and there is nothing really wrong with the urinary tract, doctors and patients work together to remove the psychological block. Psychotherapy can also help in getting people to let go of their fears and accept the situation as it is, making them more comfortable. In some cases, medications to beat anxiety may also be prescribed to ease the anxiety problems.

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/have-a-shy-bladder-you-might-be-suffering-from-an-anxiety-disorder/articleshow/66937806.cms>