



International Paruresis Association, Inc.

*Celebrating Over 15 Years!*

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[www.paruresis.org](http://www.paruresis.org) - [www.shybladder.org](http://www.shybladder.org)

## PARURESIS FACT SHEET ("Shy Bladder Syndrome")

**Fact 1:** Paruresis is a social anxiety disorder. Those who suffer from it are fearful of using the bathroom to urinate if other people are nearby. The disorder can interfere with major life activities such as work, social relationships and travel.

**Fact 2:** Paruresis affects about 7% of the population: 20 million people in the U.S., another 2 million in Canada, and countless other people worldwide.

**Fact 3:** Paruresis is a very treatable disorder. Many studies show that cognitive-behavioral therapy over 8-12 sessions or a weekend workshop helps at least 4 out of 5 sufferers.

**Fact 4:** Hundreds, if not thousands, of U.S. workers have been unjustly fired because they were unable to urinate on demand during a random drug test. Federal drug testing rules must be changed to permit affordable alternative testing (hair, saliva, sweat patch).

**Fact 5:** The International Paruresis Association (IPA) is the world's only organization working to raise public awareness of this disorder. The IPA serves as a clearinghouse, encourages research, conducts workshops and runs support groups in 24 states and in 10 different countries.