

Bedwetting Questionnaire

I included this questionnaire in case you decide to do the Waking Up Dry Program with your doctor. These questions explore your wetting history and those parts of your life that may affect the program.

There are a lot of questions, so it's OK to ask your coaches for help. They can fill out the form for you, and they can answer any questions you're not sure of. (The questionnaire your coaches filled out to check for medical causes of bedwetting is in Appendix B. Bring both questionnaires to your visit.)

1. Date

2. Your name

3. Your age

4. What grade are you in?

5. What is your teacher's name? (If you have more than one teacher, write the name of the one you like best.)

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6. What are your favorite subjects at school? (You can't pick recess!)

7. Are you having any difficulties at school that might interfere with your staying focused on the program?

Yes No

8. If you answered yes, what are they?

9. What are your favorite hobbies?

10. What are your favorite sports?

11. Name one of your heroes or someone you look up to.

12. Has anyone in your family had to work hard to overcome a problem in his or her life?

Yes No

13. If you answered yes, who was it and what did he or she overcome?

14. Do you live in a house or an apartment?

15. If you live in an apartment, do your next-door neighbors have children?

Yes No

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Bedwetting Questionnaire

16. Is it possible your neighbors would hear the bedwetting alarm if it goes off at night? Yes No
17. Do you have your own bedroom? Yes No
18. If you have to share a bedroom, whom do you share it with?
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19. Do you sleep in a bunk bed? Yes No
20. Is your bedroom located near your parent's bedroom? Yes No
21. If you answered no, where is your bedroom located?
-
22. Is your bedroom located near a bathroom? Yes No
23. If you answered no, where is the bathroom located?
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24. Do you have carpeting in your bedroom? Yes No
25. Do you have carpeting in the hallway that leads to the bathroom? Yes No
26. Do you use a night-light or other light when you go to sleep at night? Yes No
27. Has anyone in your family ever wet the bed? (This includes parents, grandparents, siblings, and aunts and uncles.) Yes No
28. If you answered yes, who was it?
-
29. Does anyone outside of the family know you wet the bed? Yes No
30. If you answered yes, who is it and what is his or her relationship to you?
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31. Is there anything your friends or family have done about your bedwetting that has bothered you (eg, teasing you, threatening to tell people you wet the bed)? Yes No

32. If you answered yes, what happened?

33. Have your parents restricted you in any way because of your bedwetting (eg, not buying you a new mattress or sleeping bag)? Yes No

34. If you answered yes, what happened?

35. Have you ever been punished for wetting the bed? Yes No

36. If you answered yes, describe the punishment.

37. Do your parents both agree about your doing the Waking Up Dry Program? Yes No

38. Is there any stress going on at home that may make it harder for your parents to work on the program with you? Yes No

39. If you answered yes, describe the problem.

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40. Are your parents separated or divorced? Yes No

41. If you answered yes, how well do your parents communicate with each other?

a. They communicate well about most issues.

b. They communicate well if it involves their children.

c. They don't communicate well about anything.

42. Is anyone in your family very sick or scheduled to have surgery in the next 2 months? Yes No

43. If you answered yes, describe what's happening.

44. Do you have brothers or sisters? Yes No

45. Is your brother or sister having any problems at home or school that might interfere with your working on the program? Yes No

46. If you answered yes, describe the problem.

47. Are you and your parents currently having problems such as arguing a lot about homework or family rules? Yes No

48. If you answered yes, what are the problems?

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49. Are your parents planning to have or adopt a baby in the next 2 months? Yes No
50. Are you planning to move or go on vacation in the next 2 months? Yes No
51. Do your parents ask you not to drink after dinner to help you stay dry? Yes No
52. If you answered yes, how much does this help?
- a. Not at all
 - b. A little
 - c. A lot
53. Have you tried anything in the past to treat your bedwetting? Yes No
54. If you answered yes, write down what you did and whether or not it helped.
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-
-
55. Were you ever dry at night for more than 6 months in a row? Yes No
56. How often do you wet the bed?
- a. Less than once per week
 - b. One to 2 times per week
 - c. Three to 4 times per week
 - d. Five to 7 times per week
57. How many times do you wet the bed at night?
- a. Once
 - b. Twice
 - c. Three times
 - d. Unsure

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58. Do your parents have an idea of the times when you usually wet the bed? Yes No
59. If you answered yes, what times do you wet the bed?

60. When you wet the bed at night, do you go back to sleep in your own bed, or do you get in bed with someone else?

61. Have you ever wet someone else's bed after wetting your own? Yes No
62. If you answered yes, whose bed did you wet?

63. Do you ever wake up on your own to go to the bathroom? Yes No
64. If you answered yes, how often do you wake up?
a. Occasionally
b. Frequently
c. Always
65. Are you a deep sleeper? Yes No
66. If you answered yes, how hard is it for your parents to wake you up?
a. Not too hard
b. Pretty hard
c. Impossible
67. Do you ever wake up at night after you wet the bed? Yes No
68. If you answered yes, how often do you wake up?
a. Occasionally
b. Frequently
c. Always

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69. Do your parents take you to the bathroom after you go to sleep? Yes No
70. If you answered yes, how many times do they get you up?
a. Once
b. Twice
c. Three times
71. If your parents take you to the bathroom, how often does this keep you dry?
a. Always
b. Sometimes
c. Never
72. Are you dry if you sleep at a relative's house? Yes No
73. Do you wear Pull-Ups to bed? Yes No
74. If you answered yes, when do you wear them?
a. All the time
b. On special occasions, such as sleepovers and vacations
c. If you are sick
d. _____
75. Do you avoid going on sleepovers because you're wet at night? Yes No
76. If you go on sleepovers, how do you handle your bedwetting?
a. Wear a Pull-Up.
b. Tell your friend about the problem.
c. Have someone take you to the bathroom in the middle of the night.
d. _____
77. Do you take any responsibility for cleaning up in the morning after having a wet bed? Yes No

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78. If you answered yes, what responsibilities do you take?

79. Do you pee during the day more than your friends? Yes No

80. Does it seem like you often run to the bathroom at the last minute to pee? Yes No

81. If you had to pee while you were riding in the car with your parents and you wouldn't be home for 15 minutes, what would you do?

- a. Hold back your urine with ease.
- b. Hold back your urine with difficulty.
- c. Ask your parents to pull over so you don't wet the seat.
- d. _____

82. How much do you want to be dry at night?

- a. A little
- b. A lot
- c. More than anything

83. What's the best thing that will happen when you become dry at night?
