

STUDIES ABOUT KNOWLEDGE, FACTS AND PRACTICES OF PELVIC EXERCISE (KEGEL) AMONG PREGNANT WOMEN, URINARY INCONTINENCE AND YOUR QUALITY OF LIFE.

Dear mothers, kindly complete this questionnaire. The purpose of this study is to determine the urinary incontinence and level of knowledge, attitude and practice among pregnant women on pelvic exercise (Kegel exercises), urinary incontinence and your quality of life.

Kindly answer all questions honestly and advise not to think long to answer questions. Please answer the questions according to the instructions in each section.

All information in this form is strictly confidential. Your kind co-operation is greatly appreciated.

A. Personal Data.

1. Respondent number: _____
2. Age: _____ (year)
3. Phone: (Home) _____
(Mobile) _____
4. Race: Malay Indian Chinese Others
5. Occupation: _____
6. Household income (per month): _____
7. Educational level:
 - i. Never been to school
 - ii. Primary School
 - iii. Secondary Islamic School
 - iv. Secondary Government School
 - v. Diploma/University

B. Obstetric and Gynecology History

8. Current pregnancy is number _____
9. How many live birth _____
12. Method delivery
 - i. Normal delivery _____ times
 - ii. Vaccum _____ times
 - iii. Forcep _____ times
 - iv. Cesarean section _____ times
13. Body Mass Index (BMI): _____
14. Current weeks of pregnancy _____