

The Effect of Kegel Exercise and Ba Duan Jin Applications on Pre-menopausal Women With Urinary Incontinence

NCT06287658

Status	RECRUITING
Phase	Not Applicable
Sponsor	Ondokuz May1s University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (6)

- Agreeing to participate in the study
- Having a complaint of urinary incontinence
- Being a woman between the ages of 45-55
- Being communicable
- Having a device (phone, tablet, computer) that can participate in online conversations
- ... and 1 more (see full listing online)

Exclusion (3)

- Women who do not complain of urinary incontinence
- Women in menopause
- Women who left unanswered questions on their scale forms

Locations (1 total)

Tuba Yilmaz Bulut, Kocaeli, Turkey (Türkiye)