

USS-PROM — Urethral Stricture Score

Impact of urethral stricture (past 4 weeks)

Objective

This questionnaire is designed to assess the impact of urethral stricture on your urinary symptoms, quality of life, and outcomes of previous treatments.

Instructions

Please answer based on your condition over the past 4 weeks.
Select only one answer per question.

👉 Some sections require score calculation.
You must add the values corresponding to your selected answers.

👉 Please report the scores at the end of each section.

1. Urinary symptoms (main score)

Q1. Delay before initiating urination

- 0 Never
- 1 Occasionally
- 2 Sometimes
- 3 Most of the time
- 4 Always

Q2. Urinary stream strength

- 0 Normal
- 1 Occasionally weak
- 2 Sometimes weak
- 3 Most of the time weak
- 4 Always weak

Q3. Need to strain to urinate

- 0 Never
- 1 Occasionally
- 2 Sometimes
- 3 Most of the time
- 4 Always

Q4. Intermittent urinary stream (stop and start)

- 0 Never
- 1 Occasionally
- 2 Sometimes
- 3 Most of the time
- 4 Always

Q5. Sensation of incomplete bladder emptying

- 0 Never
- 1 Occasionally
- 2 Sometimes
- 3 Most of the time
- 4 Always

Q6. Post-void dribbling

- 0 Never
- 1 Occasionally
- 2 Sometimes
- 3 Most of the time
- 4 Always

☞ LUTS subscore = Q1 + Q2 + Q3 + Q4 + Q5 + Q6 = _____ / 24

Q7. Impact of urinary symptoms on your daily life

- 0 Not at all
- 1 Slightly
- 2 Moderately
- 3 Severely

☞ Impact score = _____ / 3

Q8. Overall assessment of urinary stream strength

(1 = very weak; 4 = normal)

- 1 2 3 4

☞ Stream score = _____ / 4

2. Outcomes of last urethral stricture treatment

Q9a. Have you ever undergone treatment for urethral stricture?

- Yes
- No

☞ If NO: do not answer Q9b to Q9e

Q9b. What was your most recent treatment?

(select one answer)

- Endoscopic treatment (dilation, balloon including Optilume®, internal urethrotomy, transurethral procedure)
 - Self-catheterization / self-dilation
 - Catheter (urethral or suprapubic)
 - Urethroplasty (buccal mucosa graft, excision and primary anastomosis, or other technique)
 - Other: _____
-

Q9c. Date of last treatment

Q9d. Satisfaction with previous treatment

- 3 Very satisfied
- 2 Satisfied
- 1 Dissatisfied
- 0 Very dissatisfied

☞ Treatment satisfaction subscore = _____ / 3

Q9e. If dissatisfied, what is the main reason?

- Urinary symptoms did not improve
 - Symptoms improved but other issues persist
 - No improvement and additional problems
-

3. General health status

Q10. Mobility

- 1 No problems

- 2 Some difficulties
- 3 Bedridden

Q11. Self-care

- 1 No problems
- 2 Some difficulties
- 3 Unable

Q12. Usual activities

- 1 No problems
- 2 Some difficulties
- 3 Unable

Q13. Pain / discomfort

- 1 None
- 2 Moderate
- 3 Extreme

Q14. Anxiety / depression

- 1 None
- 2 Moderate
- 3 Extreme

4. Overall health status

Q15. Today, how would you rate your overall health?

0 = worst imaginable health

10 = best imaginable health

- 0 1 2 3 4 5 6 7 8 9 10

👉 **Global health score** = _____ / 10

Score summary (to be completed by the patient)

- LUTS score: _____ / 24
- Impact score: _____ / 3
- Stream score: _____ / 4
- Treatment satisfaction score: _____ / 3
- Global health score: _____ / 10