

National
Organization of
Mothers
Of
Twins
Clubs, Inc.

SUBJECT:

BED-WETTING SURVEY

RESEARCHER:

National Organization of Mothers of Twins Clubs, Inc.

DATE:

1989

PURPOSE: The purpose of this survey was to gather information and helpful advice in regard to bed-wetting and multiples.

METHOD: Members voluntarily completed surveys concerning bed-wetting and their multiples. The sample size consisted of 294 completed surveys. The zygosity percentages were--18% identical females, 18% identical males, 19% fraternal females, 15% fraternal males, 19% boy/girl, 2% triplets, 2.3% unknown females and 2.7% unknown males.

BACKGROUND INFORMATION:

I. This survey was divided into three sections:

- A. **BACKGROUND INFORMATION:**
1. 40% of all multiples had experienced some type of difficulty in potty training
 2. Identical Females--22% had problems (lowest percentage)
 3. Unknown Males--75% had problems (highest percentage)
 4. The rest of the groups were in the 37-49% range
- B. 40% of all multiples still wet the bed
1. Identical females and unknown females had the lowest percentages.
 2. 26% of the time it was one multiple
 3. 11% of the time it was both multiples
 4. 12% of the time it was more than 2 multiples
- C. Majority of groups (by twin type) had a higher percentage of only one multiple wetting the bed
1. One exception was identical males, who had a higher percentage of both twins bed-wetting
 2. Another exception was unknown females who had an equal percent of one and both bed-wetting
- D. Analysis of triplet and boy/girl groups found that it was more often the boys who wet the bed
- E. In 19% of the cases the multiple was potty trained first and the bed-wetting started later
- F. 17% of multiples have always wet the bed
- G. 18% of the respondents had children other than multiples--15% of the group had bed-wetting problems

- H. 30% had a family history of bed-wetting
 - a. 13% on the mother's side only
 - b. 13% on the father's side only
 - c. 4% on both sides
- I. 6% of the cases had a physical or emotional trauma preceding the bed-wetting

II. FINDING INFORMATION:

- A. 19% consulted a doctor--2% were made to feel it was their fault or child's fault
- B. 6% used medication, while only 4% thought it helped
 - a. 5% used medicine for months
 - b. 1% used medicine for year(s)
- C. 7% used an alarm device
- D. 7% were given tests
- E. 12% have bed-wetting problems recur
- F. Bed-wetting problems stopped:
 - 1. 14% during pre-school period
 - 2. 2% kindergarten
 - 3. 6% primary grades
 - 4. 2% upper elementary grades
 - 5. 0% in high school

III. OPTIONAL INFORMATION:

- A. Primary caretaker's profile:
 - 1. Majority were in 30-39 years age group
 - 2. Had college education
 - 3. Middle income
 - 4. 18% worked (only 205 answered this question), the majority part-time
 - 5. Belonged to local twins club

CONCLUSION:

- 1. Slightly less than half of the multiples in this group wet the bed.
- 2. Majority of the bed-wetting occurred in only one of the multiples.
- 3. Only 15% of the siblings wet the bed.
- 4. Boys wet the bed more often than girls (which correlates with the study of potty training multiples in which girls were trained sooner than boys).
- 5. Very few of this group used medication or alarms.
- 6. Many stressed time and patience as the best coping mechanisms.

The accompanying article for this RESEARCH REPORT can be found in the 1990 Fall Issue of MOTC's Notebook.