**WHRI Website:**

**Research Project Template**

Please complete one form per research project/program you would like displayed on the WHRI website. This page will provide you with a space to help recruit participants, disseminate findings and showcase other knowledge translation activities resulting from the study. The content you provide in this form will be connected to the research team’s bios provided by the membership information. If any of these fields do not apply to this project, please leave them blank.

If there are supporting documents you would like embedded on the project page (i.e. consent forms) or if you have any questions regarding this form, please contact Nicole Prestley at [Nicole.Prestley@cw.bc.ca](mailto:Nicole.Prestley@cw.bc.ca) or by phone **604-875-2424 ext 4956**.

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| **Title:**  (same as consent form) | MIST (Mindfulness, Incontinence and Sexual function Treatment) Study Research Proposal for a Pilot Study  The MIST Study |
| **Principal Investigator:** | Dr. Maryse Larouche/Dr. Geoffrey Cundiff |
| **Primary Contact:**  (name, title, phone, email) | Nicole Koenig, Research Coordinator, 604-806-9829, nkoenig@providencehealth.bc.ca |
| **About the Study:**  (100 words or less plain language summary) | This study aims to determine if there is an impact on sexual distress using mindfulness-based sex therapy (MBST) in addition to standard urogynecologic care, in women with both urinary incontinence (UI) and sexual dysfunction. |
| **Why is this research important?** | Urinary Incontinence is prevalent among women and has a significant impact on physical, emotional and mental well-being, including distressing effects on sexual health. Poor sexual health has been associated with lower health related quality of life, and depressed mood. Given the impact that sexual function can have, it is of utmost importance that research in this area is expanded. Mindfulness-based therapy has been used successfully to treat women with sexual dysfunctions. Our pilot study will be the first step in determining its role in women with Urinary incontinence and sexual dysfunction. |
| **Study Status:**  (e.g. recruiting, data analysis, manuscript development, complete) | Currently the research study is obtaining ethics approval with recruitment starting upon research ethics approval. |
| **Who can participate:**  (short description, attach consent form) | Patients (Women 19 years of age and older) who attend the Centre for Pelvic Floor at St. Paul’s Hospital and present with both urinary incontinence and sexual dysfunction |
| **Study Results/Publication:** | None yet |
| **Co-Investigators:** | Dr. Lori Brotto, Dr. Roxana Geoffrion |
| **Funded by:** | Sexual Medicine Society of North America |
| **Partners:** | None |
| **Other Attachments:**  (e.g. Newsletters, videos) |  |