**Shy Bladder Syndrome (SBS)**

1. Do you feel a significant fear of urinating in a public toilet with other people?  
   A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often; (2 points); D: Severe/always (3 points)

2. Do you have difficulty urinating (or even find it impossible to urinate) in a public toilet with other people?  
   A: None (0 points) B: Mild/occasionally (1 point) C: Moderate/often (2 points) D: Severe/always (3 points)

3. In a public toilet, when you try to urinate are you worried about what others are thinking?  
   A: None (0 points); B: Mild/occasionally; (1 point) C: Moderate/often; (2 points) D: Severe/always (3 points)

4. If you cannot urinate outside, are you able to urinate at home?  
   A: Always able to urinate if someone is there. (0 points); B: Often able to urinate if someone is there. (1 point); C: Occasionally able to urinate if someone is there (2 points); D: Not able to urinate if someone is there (3 points)

5. Are you worried about being embarrassed or embarrassed by the obstacle of urination?  
   A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often (2 points); D: Severe/always (3 points)

6. Does urinating in a public toilet always (or often) make you feel anxious?  
   A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often (2 points); D: Severe/always (3 points)

7. Do you think your fear of public toilets is excessive, or is it irrational to you?  
   A: Agree (0 points); B: Slightly disagree (1 point); C: Moderately disagree (2 points); D: Severely disagree (3 points)

8. Do you avoid urinating in public toilets?  
   A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often (2 points); D: Severe/always (3 points)

9. Do you feel intense anxiety or distress about public toilets?  
   A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often (2 points); D: Severe/always (3 points)

10. Does avoiding using public toilets, fear and distress of public toilets seriously affect your work, social activities or interpersonal relationships?  
    A: None (0 points); B: Mild/occasionally (1 point); C: Moderate/often (2 points); D: Severe/always (3 points)
This symptom scale is based on the "Self-Help Manual for Shy Bladder Syndrome" and the "Liebowitz Social Anxiety Scale LSAS" and consists of 10 items on a 4-point scale, with higher scores indicating more severe symptoms and smaller scores being better.

Evaluation criteria for efficacy.

1) **Cured**: symptoms basically disappeared or completely disappeared, and the score of the symptom scale decreased by ≥95% compared with that before the treatment.

2) **Effective**: symptoms are significantly relieved, and the symptom scale score is reduced by ≥60% and <95% compared with that before treatment.

3) **Effective**: symptoms are relieved, and the symptom scale score is reduced by ≥30% and <60% compared to the pre-treatment level.

4) **Ineffective**: no symptom remission or worsening, reduction of symptom scale score by <30% compared with that before treatment.

Efficacy calculation formula: \[
\left(\frac{\text{total pre-treatment symptom scale points} - \text{total post-treatment symptom scale points}}{\text{total pre-treatment symptom scale points}}\right) \times 100\%. \]

Total number of SBS improvement cases = number of clinically cured cases + number of apparently effective cases + number of effective cases