

To access the rest of the website, you will have to sign up, meaning that you will create a username and password to log into the website. It does not cost money to sign up, and your username can be whatever you want it to.



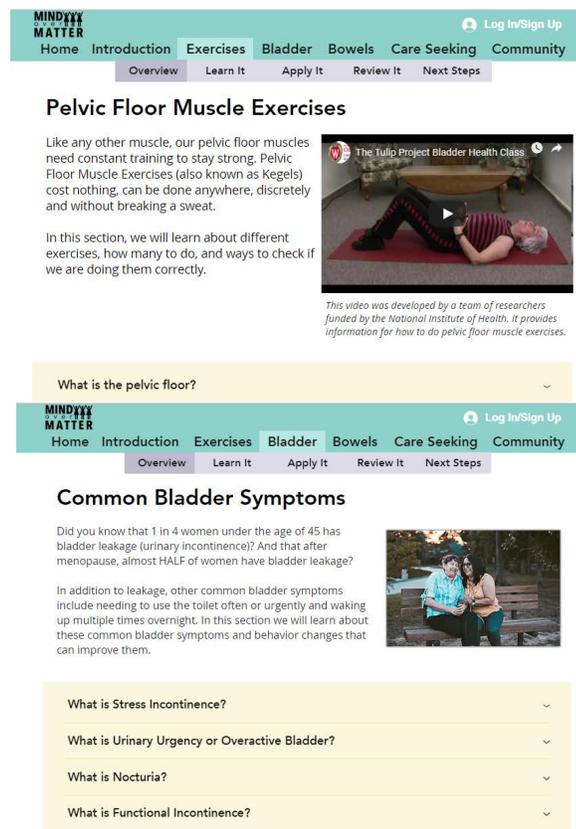
Once you log in, you will have access to the rest of the sections as well as the Introduction section.

The “Exercises” section focuses on Pelvic Floor Muscle Exercises, also called Kegels.

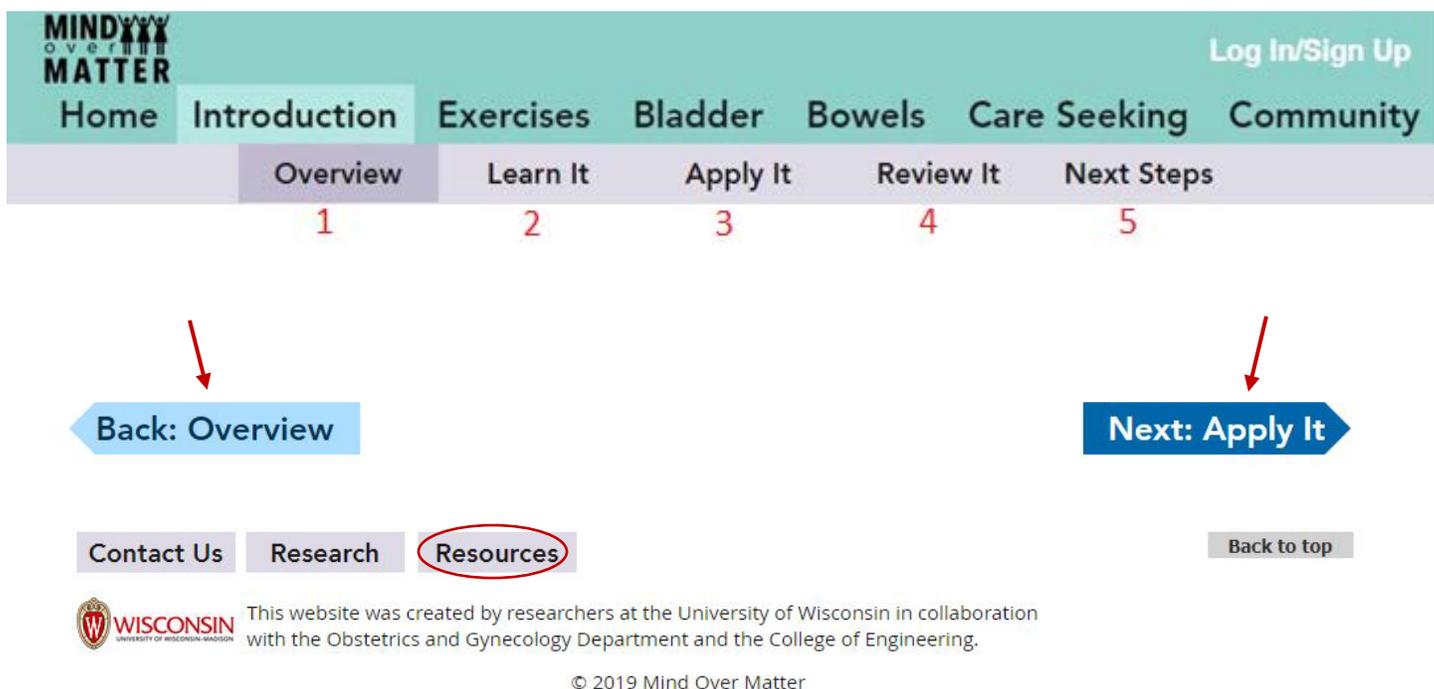
The Care-seeking section focuses on how and where to turn for more help if the strategies you learn through this website do not resolve your symptoms.

The community tab is a place for sharing information and questions with other MOM users on-line. A log-in and password are also required to access the community discussions.

This website is specifically designed so that no sections are mandatory, so that you can pick and choose which parts to visit.



If you prefer a structured experience, we recommend progressing from left to right, moving through each sub-heading under a given heading before moving on to the next one. You move from Overview, to Learn It, to Apply It, etc. To continue to the next section, you can either click on the next subheading or click the “Next” button at the bottom of the page.

A screenshot of the website's navigation menu. At the top left is the "MIND over MATTER" logo. At the top right is a "Log In/Sign Up" link. Below these are two rows of navigation tabs. The first row contains: Home, Introduction, Exercises, Bladder, Bowels, Care Seeking, and Community. The second row contains: Overview (with a red "1" below it), Learn It (with a red "2" below it), Apply It (with a red "3" below it), Review It (with a red "4" below it), and Next Steps (with a red "5" below it). Below the "Overview" tab is a blue button with a left-pointing arrow and the text "Back: Overview". Below the "Apply It" tab is a blue button with a right-pointing arrow and the text "Next: Apply It". Below the navigation tabs are four more tabs: Contact Us, Research, Resources (circled in red), and Back to top. At the bottom left is the University of Wisconsin-Madison logo. To its right is the text: "This website was created by researchers at the University of Wisconsin in collaboration with the Obstetrics and Gynecology Department and the College of Engineering." At the bottom center is the copyright notice: "© 2019 Mind Over Matter".

If you prefer an unstructured experience, feel free to explore the pages as you wish. The website is specifically designed so that no sections are mandatory, so that you can pick and choose which parts to visit.

Make sure to check out the “Resources” tab for more information about bladder and bowel health, and feel free to contact us with questions or comments. This program was developed by researchers at the University of Wisconsin-Madison, in partnership with community agencies across Wisconsin. In this phase of research, we are evaluating the effectiveness of the Mind Over Matter program when delivered online. We hope you will consider participating in our research study.

Click on Research at the bottom of the screen for more information about our research study. If you are interested in learning more, enter your name and email address and someone from the study team will contact you via email to tell you more about this volunteer opportunity.

[Back: Overview](#)

[Next: Apply It](#)

[Contact Us](#)

[Research](#)

[Resources](#)

[Back to top](#)



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

This website was created by researchers at the University of Wisconsin in collaboration with the Obstetrics and Gynecology Department and the College of Engineering.

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Research

Thank you for visiting the "Mind Over Matter: Healthy Bowels, Healthy Bladder" (MOM) website!

The MOM program was developed by a team of women, community partners, and researchers at the University of Wisconsin-Madison. The in-person MOM program has been offered throughout the state, but this website is the first time we have offered the program online.

Our team invites you to take part in a research study about this website. You can use this website whether or not you decide to participate in the research study.



Why are researchers doing this study? ▾

Who are the researchers? ▾

What will happen in the study? ▾

How long will I be in the study? ▾

Do I have to be in the study? What if I say "yes" now and change my mind later? ▾

Agreement to Participate in the Research Study

If you click the box below, it means that:

- You have read this consent form.
- You have had a chance to ask questions about the research study, and the researchers have answered your questions.
- You want to be in this study.

Yes, I agree to participate in the research study.

First Name *

Last Name *

Email *

How did you hear about this site? *

Comments or questions

Submit

* Required

Creating a log-in and password for this site does not mean you are enrolling in the research study. You do not need to participate in this research study in order to use the Mind Over Matter website. To enroll in the study, you must contact our team and give consent to participate.

Now, sit back, relax, and start putting Mind Over Matter for Healthy Bowels and Healthy Bladder!