Table 1: Themes and representative quotes related to Personal/Cultural Beliefs and Systemic Barriers to UI Care-Seeking and Treatment

|  |  |
| --- | --- |
| Personal / Cultural beliefs and Systemic barriers to discussing UI with a healthcare provider | |
| **Theme** | **Representative Quote** |
| Self-blame | “I don’t discuss it with my doctor because I feel like it's my fault sometimes, you know? I wait too long.” |
| Culture of silence | “And I guess the way I was brought up nothing was ever talked about. Sex, boys, whatever (agreement) taboo you know?”  “It's a cultural thing. Our mothers didn't talk about it, our grandmothers didn't talk about it, so we don't talk about it.”  “And I love this where we able to talk because our parents didn’t do that with us. (agreement) Our mothers, our grannies, they weren't open about this. They would say go to the library.”  “That private stuff can get you in trouble later on down the road.” |
| Embarrassment/Shame | “Well, I don't talk to my doctor about it. I don't know because it's, to me it's an embarrassment…”  “No cause I- I feel it's embarrassing. And I do have a lady doctor and she cool and all but there are some things I'm uncomfortable with so, I won't even approach the subject because she’ll ask, ‘Are you okay?’ Yeah, you know that's my answer. Don't- don't ask me about nothing else.” |
| Lack of knowledge | “I didn’t know bladder leakage could be treated. I thought I had to live with it.” |
| Normalization/ Not a priority | “I’ve never really talked to her about my urine leakage and stuff. Because I just never thought it was that- that important.”  “It can wait because I’ve got so much going on in my life right now that takes priority.” |
| Systemic barriers to discussing UI with a healthcare provider | |
| Racism in healthcare leading to differences in treatment | “Black women are being treated [differently] compared to white women. We have the same color blood. The only difference is this skin and underneath that layer of skin is the same…We bleed the same.”  “I think some white doctors think Black women don't got the same amount of money as some white people, so they try to put like the cheapest thing on the Black person…”  “Over the years I have had experiences where I don't feel that I was being given the attention or the same care that perhaps a white woman would be getting because of my like you said because of your insurance or whatever.” |
| Racism and sexism in healthcare creating pressure to advocate for oneself | “Well, I think all women regardless of race should be advocates for themselves. All women. Black women in particular have to step up their game and make sure. But all women should have to be advocates.”  “As Black women we need to know as much about our bodies as possible because the white folks don’t offer it to us. If they do know, they not gonna share it.”  “I think as a Black woman we always have to kind of push the envelope. You know we always have to make our issues known and be very specific and if we don't get the right answers we just have to keep pressing and keep pressing. Be your own advocate. Exactly good point. And so, I make sure I do that and if I don't feel like I'm getting what I need I talk to other friends…” |
| Cost of care | “All these specialists cost you $250 copay, $235 copay, $20 copay and to be honest I'm money financially I should not be going that route but I still kind of have it because I figure I could use that money better for my family or my friends or whatever.” |