

**Reasoning of dissertation topic and competency of potential supervisor for admission into LSU biology doctoral studies with a participation of Tartu university 2025**

<b>Area of research (title)</b>	Gerontology, physiology
<b>Field of research (title)</b>	Ageing
<b>Topic of research</b>	Pelvic floor, ageing, gerontology, incontinence
<b>Institution</b>	Lithuanian Sports University

**Potential supervisor**

<b>Pedagogical and scientific degree</b>	<b>Name, surname</b>	<b>Academic position</b>
Professor, PhD	Javier Jerez-Roig	Senior Researcher

**Short reasoning of proposed dissertation topic**

<b>Title</b>
Effects of the digital solution KOKU Bladder on urinary incontinence and other health-related outcomes among adults aged 50 and over: a multinational randomized controlled trial
<b>Short research description (including aims and objectives) (maximum 1500 characters).</b>
<p>KOKU Bladder ("Keep On Keep Up your Bladder health") aims to develop and test an evidence-based digital health solution to improve bladder health (BH) and urinary incontinence (UI) among adults aged 50 and over. Further information of the project is available in the project webpage (<a href="https://kokubladder.com/">https://kokubladder.com/</a>) and Clinical Trials registration (<a href="https://clinicaltrials.gov/study/NCT06583733">https://clinicaltrials.gov/study/NCT06583733</a>).</p> <p>A new module is being developed within the approved app "Keep-on-Keep-up" (KOKU) through a participatory, appreciative action and reflection approach. This co-creation process actively involves end-users, researchers, healthcare professionals, and key stakeholders.</p> <p>A rapid review of existing solutions on BH/UI has been already conducted and consultation with 8 experts. Two initial focus groups in Spain have been conducted and two more are being planned in Kaunas and Manchester (UK) to design the digital content. The resulting data will undergo thematic analysis to inform development. The solution will include videoexercises, educational videos, gamification, a community (group chat) and possibility of individual communication between the user and a professional.</p> <p>This solution will be rigorously tested in a randomized controlled trial involving at least 120 participants. A mixed methods evaluation—combining both quantitative and qualitative analyses—will assess the program's feasibility, acceptability and effects.</p>