

If you can hold it, urine for a big payoff: Study

March 02, 2011

The Vancouver Sun:

As unpleasant as that feeling of desperately needing to use the bathroom can be, a new study suggests those awkward moments could be when you make some of your most responsible decisions.

A study led by Mirjam Tuk, a researcher at University of Twente in the Netherlands, suggests that when you're exerting effort to contain a full bladder, you're also more likely to control yourself in other ways.

Tuk's study, entitled Inhibitory Spillover: Increased Urination Urgency Facilitates Impulse Control in Unrelated Domains, is slated for publication in an upcoming edition of the journal Psychological Science.

Read the whole story: [The Vancouver Sun](#)