The effectiveness of different methods of toilet training for bowel and bladder control

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Citation

Authors' objectives
The aim of this report is to determine the following: 1) the effectiveness of the toilet training methods 2) which factors modify the effectiveness of toilet training 3) if the toilet training methods are risk factors for adverse outcomes 4) the optimal toilet training method for achieving bowel and bladder control among patients with special needs

Authors' conclusions
Both the Azrin and Foxx method and the child-oriented approach resulted in quick, successful toilet training, but there was limited information about the sustainability of the training. The two methods were not directly compared; thus, it is difficult to draw definitive conclusions regarding the superiority of one method over the other. In general, both programs may be used to teach toilet training to healthy children. The Azrin and Foxx method and operant conditioning methods were consistently effective for toilet training mentally handicapped children. Programs that were adapted to physically handicapped children also resulted in successful toilet training. A lack of data precluded conclusions regarding the development of adverse outcomes.

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