

**Appendix Table F100. Clinical outcomes after nonpharmacological treatments compared to no active treatment**

Studies reference	Number of subjects	Pooled relative risk (95% CI)	Pooled absolute risk difference (95% CI)	Number needed to treat (95%CI)	Attributable events/1000 treated (95% CI)	Evidence
<b>SEVERITY OF UI</b>						
<b>Continence service</b> (1 study) Williams, 2005 <sup>614</sup>	3,746	0.94 (0.89; 1.00)	-0.04 (-0.08; 0.00)	-25 (-452; -13)	-40 (-78; -2)	Insufficient
<b>PFMT+BT</b> (2 studies)  Lagro-Janssen, 1992 <sup>553</sup> McFall, 2000 <sup>570</sup>	245	Significant reduction in severity and pad utilization				Low
<b>DISCONTINUATION/ADHERENCE</b>						
<b>PFMT</b> (1 study) Williams, 2006 <sup>615</sup>	158	NS differences				Insufficient
<b>PFMT+BT</b> (1 study) Yang, 1995 <sup>535</sup>	108	NS differences				Insufficient
<b>Electrical stimulation</b> (1 study) Jeyaseelan, 2000 <sup>545</sup>	27	NS differences				Insufficient
<b>Vaginal cones</b> (1 study) Williams, 2006 <sup>615</sup>	159	0.63 (0.49; 0.80)	-0.30 (-0.44; -0.16)	-3 (-6; -2)	-297 (-438; -157)	Insufficient
<b>Weight loss</b> (1 study) Subak, 2009 <sup>601</sup> Huang, 2009 <sup>541</sup>	338	0.17 (0.06; 0.44)	-0.11 (-0.18; -0.05)	-9 (-22; -6)	-112 (-178; -46)	Insufficient
<b>PREVALENCE OF UI</b>						
<b>PFMT</b> (1 study) Williams, 2006 <sup>615</sup>	158 NS differences in UI					Insufficient
<b>PFMT+BT</b> (1 study) Kumari, 2008 <sup>552</sup>	164 Significant reduction in stress, urgency, but not mixed UI					Insufficient
<b>Acupuncture</b> (1 study) Emmons, 2005 <sup>523</sup>	85	NS differences in UUI				Insufficient
<b>Electrical stimulation</b> (3 studies) Brubaker, 1997 <sup>503</sup> Amaro, 2005 <sup>480</sup> Amaro, 2006 <sup>481</sup>	201	NS differences in UUI				Low

**Appendix Table F100. Clinical outcomes after nonpharmacological treatments compared to no active treatment (continued)**

<b>Studies reference</b>	<b>Number of subjects</b>	<b>Pooled relative risk (95% CI)</b>	<b>Pooled absolute risk difference (95% CI)</b>	<b>Number needed to treat (95%CI)</b>	<b>Attributable events/1000 treated (95% CI)</b>	<b>Evidence</b>
<b>Vaginal cones</b> (1 study) Williams, 2006 <sup>615</sup>	159	NS differences				Insufficient
<b>Weight loss</b> (1 study) Brown, 2006 <sup>502</sup>	1319 NS change in urgency UI	0.85 (0.73; 0.99)	-0.05 (-0.11; 0.00)	-18 (-329; -10)	-54 (-105; -3)	Insufficient
<b>Diet high in soy protein</b> (1 study)  Manonai, 2006 <sup>566</sup>	36  Significant increase in stress UI, NS changes in urgency UI					Insufficient
<b>ADVERSE EFFECTS</b>						
<b>Macroplastique</b> (1 study) Ghoniem, 2009 <sup>533</sup>	240	NS differences				Insufficient

NS = Not significant