

Appendix Table F106. Clinical outcomes after bladder training compared to no active treatment (results from RCTs pooled with random effects models)

Outcome	Reference	Active events/ randomized	Control events/ randomized	Relative risk (95% CII)	Weight, %	Absolute risk difference (95% CI)	Weight %	Inclusion of mixed UI
Continence	Fantl, 1991 ⁵²⁵	8/65	2/66	4.06 (0.90; 18.41)		0.09 (0.00; 0.18)		Yes
Treatment failure	Fantl, 1991 ⁵²⁵	5/65	28/66	0.18 (0.07; 0.44)		-0.35 (-0.48; -0.21)		Yes
Improved UI	Subak, 2002 ⁵⁹⁹	39/77	11/75	3.41 (1.89; 6.15)	37	0.35 (0.22; 0.49)	52	Yes
Improved UI	Fantl, 1991 ⁵²⁵	49/65	16/66	3.11 (1.99; 4.87)	63	0.51 (0.36; 0.66)	48	Yes
Pooled		87/	27/	3.22 (2.25; 4.60)	100	0.43 (0.28; 0.59)	100	
Heterogeneity p value I squared				0.81	0.00	0.12	58	