

**Appendix Table F110. Clinical outcomes after pelvic floor muscle training combined with bladder training when compared to no active treatment, individual RCTs**

Reference sample/men	Active	Definition of outcome	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Lagro-Janssen, 1992 <sup>553</sup> 110/0	PFMT alone (stress) or bladder training (urge) or its combination (mixed)	Self reported severe urinary incontinence	54/56	4/7	23/41	0.18 (0.07; 0.49)	-0.34 (-0.48; -0.19)	-3 (-5; -2)	-337 (-483; -190)
		Self reported deterioration in urinary incontinence	54/56	1/2	2/3	0.52 (0.05; 5.55)	-0.02 (-0.08; 0.04)		
McFall, 2000 <sup>570</sup> 108/0	Community based small group educational intervention: PFMT + bladder training	Withdraw	49/59	7/14	5/8	1.69 (0.57; 4.98)	0.06 (-0.06; 0.18)		
		No reduction in number of incontinence episodes	49/59	10/20	15/25	0.80 (0.40; 1.62)	-0.05 (-0.21; 0.11)		
		Self reported bothersomeness of urinary incontinence	72/73	42/59	62/85	0.69 (0.55; 0.85)	-0.27 (-0.41; -0.13)	-4 (-8; -2)	-266 (-406; -126)
McFall, 2000 <sup>570</sup> 145/0	Community-based intervention: bladder training, and PFMT	Use absorbent pads for urinary incontinence	72/73	39/54	56/77	0.71 (0.55; 0.90)	-0.23 (-0.38; -0.07)	-4 (-13; -3)	-225 (-376; -75)

**Appendix Table F110. Clinical outcomes after pelvic floor muscle training combined with bladder training when compared to no active treatment, individual RCTs (continued)**

Reference sample/men	Active	Definition of outcome	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Kumari, 2008 <sup>552</sup> 164/0	Behavioral treatment with PFMT + bladder retraining	Death	78/86	2/3	1/1	2.21 (0.20; 23.85)	0.01 (-0.03; 0.06)		
		Stress incontinence 3 months after intervention	78/86	11/14	27/31	0.45 (0.24; 0.84)	-0.17 (-0.30; -0.05)	-6 (-21; -3)	-173 (-298; -48)
		Stress incontinence 6 months after intervention	78/86	9/12	22/26	0.45 (0.22; 0.92)	-0.14 (-0.26; -0.02)	-7 (-41; -4)	-140 (-257; -24)
		Stress incontinence	78/86	15/19	28/33	0.59 (0.34; 1.02)	-0.13 (-0.27; 0.00)	-8 (-873; -4)	-133 (-265; -1)
		Mixed incontinence 6 months after intervention	78/86	17/22	28/33	0.67 (0.40; 1.12)	-0.11 (-0.24; 0.03)		
		Mixed incontinence 3 months after intervention	78/86	23/30	32/37	0.79 (0.51; 1.23)	-0.08 (-0.22; 0.07)		
		Mixed incontinence	78/86	25/32	34/40	0.81 (0.54; 1.23)	-0.07 (-0.22; 0.07)		
		Urge incontinence 6 months after intervention	78/86	2/3	15/17	0.15 (0.03; 0.62)	-0.15 (-0.24; -0.06)	-7 (-16; -4)	-149 (-236; -61)
		Urge incontinence 3 months after intervention	78/86	6/8	19/22	0.35 (0.15; 0.83)	-0.14 (-0.25; -0.04)	-7 (-26; -4)	-144 (-250; -38)
		Urge incontinence	78/86	8/10	23/27	0.38 (0.18; 0.81)	-0.16 (-0.28; -0.05)	-6 (-20; -4)	-165 (-280; -50)