

Appendix Table F116. Clinical outcomes after weight loss program 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	Subak, 2009 ⁶⁰¹	16/226	4/112	1.98 (0.68; 5.79)		0.04 (-0.01; 0.08)		Yes
Improved UI	Subak, 2005 ⁶⁰⁰	14/24	4/24	3.50 (1.35; 9.11)	26	0.42 (0.17; 0.66)	37	Yes
Improved UI	Subak, 2009 ⁶⁰¹	93/226	25/112	1.84 (1.26; 2.69)	74	0.19 (0.09; 0.29)	63	Yes
Pooled		107/250	28/136	2.17 (1.26; 3.76)	100	0.27 (0.06; 0.49)	100	
Heterogeneity p value, I squared				0.22	33.00	0.09	64.50	
Treatment discontinuation	Subak, 2009 ⁶⁰¹	5/226	15/112	0.17 (0.06; 0.44)		-0.11 (-0.18; -0.05)		Yes
Treatment discontinuation	Huang, 2009 ⁵⁴¹	5/226	15/112	0.17 (0.06; 0.44)		-0.11 (-0.18; -0.05)		Not reported