

**Appendix Table F123. Improvement in UI rates compared between nonpharmacological treatments**

Active treatment	Control treatment	Studies	Patients	Rate active/control, %	Relative risk (95% CI)	Absolute risk difference (95%CI)	Level of evidence
Pelvic floor muscle training+ bladder training	Bladder training	1 <sup>619</sup>	272	21/15	1.40 (0.83; 2.36)	0.06 (-0.03; 0.15)	Insufficient
Supervised pelvic floor muscle training	Pelvic floor muscle training	4 <sup>505,510,551,623</sup>	283	50/33	1.51 (0.85; 2.67)	0.14 (-0.05; 0.32)	Moderate
Pelvic floor muscle training	Electrical stimulation	4 <sup>253,538,596,597</sup>	136	31/45	0.97 (0.62; 1.51)	-0.01 (-0.17; 0.16)	Moderate
Pelvic floor muscle training	Vaginal cone	4 <sup>253,532,594,615</sup>	440	41/41	1.02 (0.91; 1.14)	0.01 (-0.08; 0.09)	Moderate