

**Appendix Table F125. Quality of life after supervised vs. self-administered PFMT programs (individual RCTs)**

Reference sample/men	Active	Definition of quality of life	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)
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on family life	44/44			0.96 (0.50; 1.83)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on holidays/recreation	44/44			0.92 (0.57; 1.50)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on interests/hobbies	44/44			0.85 (0.53; 1.37)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on social activities	44/44			0.79 (0.48; 1.30)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Worried about smell of urine	44/44			0.67 (0.44; 1.04)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on sexual life	44/44			0.62 (0.34; 1.13)			
Ng, 2008 <sup>577</sup> /0	A registered nurse monitoring via telephone checkups twice a week home based PFMT	Affect on sexual quality	44/44			0.52 (0.29; 0.95)			
Zanetti, 2007 <sup>623</sup> 44/0	Supervised PMFT	Patient satisfaction	23/21	15/67	5/24	2.74 (1.20; 6.23)	0.41 (0.15; 0.68)	2 (1; 7)	414 (147;681)