

**Appendix Table F126. Scoring of quality of life after supervised vs. self-administered PFMT programs (individual RCTs)**

Reference sample/men	Definition of quality of life	randomized active/control	Active mean/standard deviation	Control mean/standard deviation	Mean difference (95% CI)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final general health (KHQ 0 best to 100)	30/30	39.20/21.50	37.50/20.50	1.70 (-8.93; 12.33)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final incontinence impact (KHQ 0 best to 100)	30/30	20.00/25.70	13.30/24.10	6.70 (-5.91; 19.31)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final physical activities limitations (KHQ 0 best to 100)	30/30	3.30/8.10	10.60/17.80	-7.30 (-14.30; -0.30)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final physical limitations (KHQ 0 best to 100)	30/30	4.40/11.50	10.60/11.50	-6.20 (-12.02; -0.38)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final social limitations (KHQ 0 best to 100)	30/30	0.70/2.80	3.70/10.20	-3.00 (-6.78; 0.78)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final personal relationships (KHQ 0 best to 100)	30/30		2.30/7.80	
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final emotions (KHQ 0 best to 100)	30/30	5.60/19.30	4.80/11.60	0.80 (-7.26; 8.86)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final sleep/disposition (KHQ 0 best to 100)	30/30	7.20/17.90	4.40/10.70	2.80 (-4.66; 10.26)
de Oliveira Camargo, 2009 <sup>510</sup> /0	Final gravity (KHQ 0 best to 100)	30/30	15.30/20.30	14.40/20.30	0.90 (-9.37; 11.17)