

Appendix Table F128. Scoring of quality of life after PFMT with biofeedback using vaginal EMG probe when compared to PFMT (individual RCTs)

Reference sample/men	Active	Definition of quality of life	Randomized active/control	Active mean/standard deviation	Control mean/standard deviation	Mean difference (95% CI)
Morkved, 2002 ⁵⁷⁴ /0	PFMT with biofeedback	Leakage index	53/50	1.90/0.74	1.90/0.72	0.00 (-0.28; 0.28)
Morkved, 2002 ⁵⁷⁴ /0	PFMT with biofeedback	Social activity index	53/50	9.50/0.74	9.40/1.08	0.10 (-0.26; 0.46)
Aukee, 2002 ⁴⁸⁵ /0	Pelvic floor muscle exercise of and individual EMG-assisted biofeedback	Leakage index	15/15	34.90/10.40	38.10/10.50	-3.20 (-10.68; 4.28)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and Advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Total score	10/10	62.50/44.20	101.60/46.10	-39.10 (-78.68; 0.48)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and Advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Physical activity	10/10	32.90/37.10	35.60/25.70	-2.70 (-30.67; 25.27)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG Biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Emotional health	10/10	28.70/39.20	28.70/26.00	0.00 (-29.15; 29.15)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Travel	10/10	32.90/37.10	46.40/28.00	-13.50 (-42.31; 15.31)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Social relationships	10/10	28.80/39.30	14.90/12.40	13.90 (-11.64; 3 9.44)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Total score	10/10	77.90/33.50	139.60/66.50	-61.70 (-107.85; -15.55)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Irritative symptoms	10/10	40.00/18.12	56.60/28.80	-16.60 (-37.69; 4.49)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Obstructive/discomfort	10/10	23.70/18.20	49.10/36.10	-25.40 (-50.46; -0.34)

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Reference sample/men	Active	Definition of quality of life	Randomized active/control	Active mean/standard deviation	Control mean/standard deviation	Mean difference (95% CI)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Stress symptoms	10/10	19.90/23.30	47.50/34.70	-27.60 (-53.51; -1.69)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Total score	10/10	78.90/55.70	101.60/46.10	-22.70 (-67.51; 22.11)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Physical activity	10/10	27.00/30.50	35.60/25.70	-8.60 (-33.32; 16.12)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Emotional health	10/10	28.50/29.50	28.70/26.00	-0.20 (-24.57; 24.17)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Travel	10/10	32.70/30.90	46.40/28.00	-13.70 (-39.54; 12.14)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Incontinence Impact Questionnaire (IIQ) Scores: Social relationships	10/10	25.00/30.60	14.90/12.40	10.10 (-10.36; 30.56)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Total score	10/10	100.50/43.10	139.60/66.50	-39.10 (-88.22; 10.02)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Irritative symptoms	10/10	47.60/12.00	56.60/28.80	-9.00 (-28.34; 10.34)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Obstructive/discomfort	10/10	31.50/22.80	49.10/36.10	-17.60 (-44.06; 8.86)
McDowell, 2006 ⁵⁶⁸ /0	PFMT and advice and EMG biofeedback	Urogenital Distress Inventory (UDI) Scores: Stress symptoms	10/10	23.20/26.20	47.50/34.70	-24.30 (-51.25; 2.65)
Wong, 2001 ⁶¹⁷ /0	Pelvic floor exercises with EMG	IIQ-7 (1 to 100 worse)	19/19	14.29	14.29	0.00
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Discomfort due to incontinence (0 to 5 worse)	30/30	1.80/0.80	2.00/0.70	-0.20 (-0.58; 0.18)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Discomfort due to fluid intake restriction (0 to 5 worse)	30/30	1.40/0.70	1.10/0.30	0.30 (0.03; 0.57)

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Reference sample/men	Active	Definition of quality of life	Randomized active/control	Active mean/standard deviation	Control mean/standard deviation	Mean difference (95% CI)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Problems on daily tasks (0 to 5 worse)	30/30	1.40/0.70	1.10/0.30	0.30 (0.03; 0.57)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Avoidance of places & situations (0 to 5 worse)	30/30	1.40/0.90	1.40/0.70	0.00 (-0.41; 0.41)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Discomfort due to avoidance of places & situations (0 to 5 worse)	30/30	1.30/0.70	1.20/0.40	0.10 (-0.19; 0.39)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Interference in physical activity (0 to 5 worse)	30/30	1.60/0.80	1.30/0.40	0.30 (-0.02; 0.62)
Sung, 2000 ⁶⁰³ /0	Pelvic floor exercises with EMG	Interference in relations with other people (0 to 5 worse)	30/30	1.20/0.70	1.10/0.30	0.10 (-0.17; 0.37)