

**Appendix Table F130. Clinical outcomes after PFMT compared to electrical stimulation (results from RCTs pooled with random effects models)**

| Outcome                               | Reference                    | Active<br>n/N | Control<br>n/N | Rate<br>active/control | Relative risk<br>(95% CI) | Weight, % | Absolute risk<br>difference (95% CI) | Weight,<br>% |
|---------------------------------------|------------------------------|---------------|----------------|------------------------|---------------------------|-----------|--------------------------------------|--------------|
| Continence                            | Castro, 2008 <sup>253</sup>  | 10/31         | 11/30          | 32/37                  | 0.88 (0.44; 1.76)         | 85.64     | -0.044 (-0.282; 0.194)               | 43.26        |
| Continence                            | Hahn, 1991 <sup>538</sup>    | 1/10          | 1/10           | 10/10                  | 1 (0.07; 13.87)           | 5.96      | 0 (-0.263; 0.263)                    | 35.54        |
| Continence                            | Smith, 1996 <sup>596</sup>   | 1/9           | 2/9            | 11/22                  | 0.5 (0.06; 4.58)          | 8.4       | -0.111 (-0.452; 0.229)               | 21.2         |
| Pooled                                |                              | 12/50         | 14/49          | 24/29                  | 0.85 (0.45; 1.61)         | 100       | -0.043 (-0.199; 0.114)               | 100          |
| Heterogeneity<br>P value, I squared,% |                              |               |                |                        | 0.88                      |           | 0.88                                 | 0.00%        |
| Improved Urinary<br>incontinence      | Smith, 1996 <sup>596</sup>   | 3/9           | 4/9            | 33/44                  | 0.75 (0.23; 2.44)         | 14.09     | -0.111 (-0.559; 0.336)               | 13.49        |
| Improved Urinary<br>incontinence      | Spruijt, 2003 <sup>597</sup> | 4/25          | 7/12           | 36/29                  | 1.19 (0.43; 3.29)         | 18.88     | 0.053 (-0.266; 0.373)                | 26.46        |
| Improved Urinary<br>incontinence      | Castro, 2008 <sup>253</sup>  | 12/31         | 13/30          | 39/43                  | 0.89 (0.49; 1.63)         | 53.75     | -0.046 (-0.293; 0.2)                 | 44.41        |
| Improved Urinary<br>incontinence      | Hahn, 1991 <sup>538</sup>    | 4/10          | 3/10           | 40/30                  | 1.33 (0.40; 4.49)         | 13.27     | 0.1 (-0.316; 0.516)                  | 15.63        |
| Pooled                                |                              | 23/75         | 27/61          | 31/45                  | 0.97 (0.62; 1.51)         | 100       | -0.006 (-0.17; 0.159)                | 100          |
| Heterogeneity<br>P value, I squared,% |                              |               |                |                        | 0.88                      | 0.00%     | 0.874                                | 0.00%        |
| Treatment failure                     | Castro, 2008 <sup>253</sup>  | 11/31         | 12/30          | 35/40                  | 0.89 (0.47; 1.69)         | 53.82     | -0.045 (-0.288; 0.198)               | 54.03        |
| Treatment failure                     | Spruijt, 2003 <sup>597</sup> | 7/25          | 6/12           | 55/25                  | 2.43 (1.04; 5.66)         | 46.18     | 0.343 (0.018; 0.669)                 | 45.97        |
| Pooled                                |                              | 18/56         | 18/42          | 31/43                  | 1.41 (0.53; 3.78)         | 100       | 0.133 (-0.246; 0.513)                | 100          |
| Heterogeneity<br>P value, I squared,% |                              |               |                |                        | 0.06                      | 71.00%    | 0.061                                | 71.60%       |