

**Appendix Table F131. Clinical outcomes compared after different nonpharmacological treatments (results from individual RCTs)**

Active	Control	Outcome	Reference	Active n/N	Control n/N	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)
Bladder training	PFMT	Continence	Morkved, 2002 <sup>574</sup>	28/53	21/50	1.26 (0.83; 1.90)	0.108 (-0.083; 0.300)	
Bladder training with audiotape	Bladder training	Improved UI	Dowd, 2000 <sup>520</sup>	19/21	10/19	1.72 (1.10; 2.69)	0.378 (0.121; 0.636)	3 (2; 8)
Bladder training with audiotape	Bladder training	Improved UI	Dowd, 2000 <sup>520</sup>	19/21	13/19	1.32 (0.95; 1.85)	0.221 (-0.023; 0.464)	
Cone	Bladder training	Continence	Williams, 2006 <sup>615</sup>	0/80	0/79	0.88 (0.28; 2.76)		
Continence service	Bladder training	Continence	Ramsay, 1996 <sup>588</sup>	19/35	23/39	0.92 (0.62; 1.37)	-0.047 (-0.273; 0.179)	
Continence service	Bladder training	Improved UI	Ramsay, 1996 <sup>588</sup>	17/35	19/39	1.00 (0.62; 1.59)	-0.001 (-0.230; 0.227)	
Continence service	PFMT	Continence	Kim, 2001 <sup>547</sup>	14/16	2/17	7.44 (2.00; 27.70)	0.757 (0.534; 0.980)	1 (1; 2)
Electrical stimulation	PFMT+ biofeedback	Treatment discontinuation	Demirturk, 208 <sup>515</sup>	0/20	1/21	0.35 (0.02; 8.10)	-0.048 (-0.171; 0.076)	
Electrical stimulation	cone	Treatment discontinuation due to treatment failure	Castro, 2008 <sup>253</sup>	1/30	4/27	0.23 (0.03; 1.89)	-0.115 (-0.263; 0.034)	
Electrical stimulation	cone	Continence	Castro, 2008 <sup>253</sup>	13/30	11/27	1.06 (0.58; 1.96)	0.026 (-0.231; 0.282)	
Electrical stimulation	cone	Treatment failure	Castro, 2008 <sup>253</sup>	12/30	11/27	0.98 (0.52; 1.85)	-0.007 (-0.263; 0.248)	
Electrical stimulation	cone	Improved UI	Castro, 2008 <sup>253</sup>	13/30	11/27	1.06 (0.58; 1.96)	0.026 (-0.231; 0.282)	
Pessary	PFMT+ ring	Treatment discontinuation	Richter, 2010 <sup>363</sup>	39/149	18/151	2.20 (1.32; 3.66)	0.143 (0.055; 0.230)	7 (4; 18)
Pessary	PFMT+ ring	Treatment discontinuation due to adverse effects	Richter, 2010 <sup>363</sup>	1/149	0/151	3.04 (0.12; 74.03)	0.007 (-0.012; 0.025)	
Pessary	PFMT+ ring	Treatment discontinuation due to treatment failure	Richter, 2010 <sup>363</sup>	6/149	4/151	1.52 (0.44; 5.28)	0.014 (-0.027; 0.054)	
Pessary	PFMT+ ring	Improved UI	Richter, 2010 <sup>363</sup>	59/149	80/151	0.75 (0.58; 0.96)	-0.134 (-0.246; -0.022)	-7 (-45; -4)

**Appendix Table F131. Clinical outcomes compared after different nonpharmacological treatments (results from individual RCTs)  
(continued)**

Active	Control	Outcome	Reference	Active n/N	Control n/N	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)
Pessary	PFMT+ ring	Improved UI	Richter, 2010 <sup>363</sup>	94/149	118/151	0.81 (0.70; 0.94)	-0.151 (-0.252; -0.049)	-7 (-20; -4)
PFMT	Balls	Treatment failure	Arvonen, 2001 <sup>484</sup>	1/19	1/18	0.95 (0.06; 14.04)	-0.003 (-0.149; 0.143)	
PFMT	Balls	Improved UI	Arvonen, 2001 <sup>484</sup>	11/19	7/18	1.49 (0.74; 2.98)	0.190 (-0.126; 0.506)	
PFMT	Bladder training	Improved UI	Williams, 2006 <sup>615</sup>	0/79	0/79	0.68 (0.35; 1.38)	0.000 (0.000; 0.000)	
PFMT	Bladder training	Improved UI	Williams, 2006 <sup>615</sup>	0/79	0/79	0.77 (0.40; 1.47)	0.000 (0.000; 0.000)	
PFMT	Pessary	Treatment discontinuation	Richter, 2010 <sup>363</sup>	22/146	39/149	0.58 (0.36; 0.92)	-0.111 (-0.202; -0.020)	-9 (-51; -5)
PFMT	Pessary	Treatment discontinuation due to adverse effects	Richter, 2010 <sup>363</sup>	0/146	1/149	0.34 (0.01; 8.28)	-0.007 (-0.025; 0.012)	
PFMT	Pessary	Treatment discontinuation due to treatment failure	Richter, 2010 <sup>363</sup>	2/146	1/149	2.04 (0.19; 22.27)	0.007 (-0.016; 0.030)	
PFMT	Pessary	Treatment failure	Richter, 2010 <sup>363</sup>	6/146	6/149	1.02 (0.34; 3.09)	0.001 (-0.044; 0.046)	
PFMT	Pessary	Improved UI	Richter, 2010 <sup>363</sup>	110/146	94/149	1.19 (1.02; 1.39)	0.123 (0.018; 0.227)	8 (4; 55)
PFMT	Pessary	Improved UI	Richter, 2010 <sup>363</sup>	72/146	59/149	1.25 (0.96; 1.61)	0.097 (-0.016; 0.210)	
PFMT	Pessary	Improved UI	Richter, 2010 <sup>363</sup>	71/146	49/149	1.48 (1.11; 1.96)	0.157 (0.047; 0.268)	6 (4; 21)
PFMT	PFMT+ ring	Treatment discontinuation	Richter, 2010 <sup>363</sup>	22/146	18/151	1.26 (0.71; 2.26)	0.031 (-0.046; 0.109)	
PFMT	PFMT+ ring	Treatment discontinuation due to adverse effects	Richter, 2010 <sup>363</sup>	0/146	0/151	0.00 (0.00; 0.00)	0.000 (-0.013; 0.013)	
PFMT	PFMT+ ring	Treatment discontinuation Treatment failure	Richter, 2010 <sup>363</sup>	6/146	4/151	1.55 (0.45; 5.39)	0.015 (-0.027; 0.056)	
PFMT	PFMT+ ring	Improved UI	Richter, 2010 <sup>363</sup>	72/146	80/151	0.93 (0.74; 1.16)	-0.037 (-0.150; 0.077)	

**Appendix Table F131. Clinical outcomes compared after different nonpharmacological treatments (results from individual RCTs) (continued)**

Active	Control	Outcome	Reference	Active n/N	Control n/N	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)
PFMT+ biofeedback	Bladder training	Continence	Wyman, 1998 <sup>619</sup>	8/69	12/68	0.66 (0.29; 1.51)	-0.061 (-0.178; 0.057)	
PFMT+ biofeedback	Bladder training	Continence	Wyman, 1998 <sup>619</sup>	14/69	11/68	1.25 (0.61; 2.56)	0.041 (-0.088; 0.170)	
PFMT+ biofeedback	Bladder training	Continence 3 months	Wyman, 1998 <sup>619</sup>	13/69	10/68	1.28 (0.60; 2.72)	0.041 (-0.084; 0.166)	
PFMT+ biofeedback	Bladder training	Treatment failure	Wyman, 1998 <sup>619</sup>	13/69	14/68	0.92 (0.47; 1.80)	-0.017 (-0.151; 0.116)	
PFMT+ biofeedback	Bladder training	Improved UI	Wyman, 1998 <sup>619</sup>	8/69	11/68	0.72 (0.31; 1.67)	-0.046 (-0.161; 0.070)	
PFMT+ biofeedback	Cone	Treatment discontinuation	Harvey, 2002 <sup>539</sup>	12/19	18/25	0.88 (0.58; 1.34)	-0.088 (-0.368; 0.191)	
PFMT+ biofeedback	Cone	Continence UD	Harvey, 2002 <sup>539</sup>	1/19	1/25	1.32 (0.09; 19.71)	0.013 (-0.114; 0.139)	
PFMT+ biofeedback	Cone	Continence (negative pad test)	Harvey, 2002 <sup>539</sup>	2/19	2/25	1.32 (0.20; 8.51)	0.025 (-0.149; 0.199)	
PFMT+ bladder training	PFMT+ biofeedback	Adherence to treatment	Wyman, 1998 <sup>619</sup>	39/67	44/69	0.91 (0.70; 1.20)	-0.056 (-0.219; 0.108)	
PFMT+ bladder training	PFMT+ biofeedback	Continence 3 months	Wyman, 1998 <sup>619</sup>	16/67	13/69	1.27 (0.66; 2.43)	0.050 (-0.087; 0.188)	
PFMT+ bladder training	PFMT+ biofeedback	Continence	Wyman, 1998 <sup>619</sup>	19/67	8/69	2.45 (1.15; 5.20)	0.168 (0.036; 0.299)	6 (3; 28)
PFMT+ bladder training	PFMT+ biofeedback	Treatment failure	Wyman, 1998 <sup>619</sup>	4/67	13/69	0.32 (0.11; 0.92)	-0.129 (-0.237; -0.020)	-8 (-49; -4)
PFMT+ bladder training	PFMT+ biofeedback	Improved UI	Wyman, 1998 <sup>619</sup>	10/67	20/69	0.51 (0.26; 1.02)	-0.141 (-0.277; -0.004)	-7 (-270; -4)
PFMT+ bladder training	PFMT+ biofeedback	Improved UI 3 months	Wyman, 1998 <sup>619</sup>	6/67	9/69	0.69 (0.26; 1.82)	-0.041 (-0.146; 0.064)	
PFMT+ bladder training	PFMT+ biofeedback	Improved UI	Wyman, 1998 <sup>619</sup>	32/67	19/69	1.73 (1.10; 2.74)	0.202 (0.043; 0.362)	5 (3; 23)
PFMT+ bladder training	PFMT+ biofeedback	Improved UI	Wyman, 1998 <sup>619</sup>	14/67	8/69	1.80 (0.81; 4.01)	0.093 (-0.030; 0.216)	
PFMT+ electrical stimulation	PFMT	Improvement in ICIQ-UI score	Oldham, 2010 <sup>583</sup>	32/64	16/64	2.00 (1.23; 3.26)	0.250 (0.088; 0.412)	4 (2; 11)
PFMT+ electrical stimulation	PFMT	Improvement in leak frequency	Oldham, 2010 <sup>583</sup>	43/64	21/64	2.05 (1.39; 3.02)	0.344 (0.181; 0.506)	3 (2; 6)

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(continued)**

Active	Control	Outcome	Reference	Active n/N	Control n/N	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)
PFMT+ electrical stimulation	PFMT	Improvement in terms of leak interference with life	Oldham, 2010 <sup>583</sup>	32/64	21/64	1.52 (0.99; 2.34)	0.172 (0.004; 0.340)	6 (3; 261)
PFMT+ electrical stimulation	PFMT	Reduction in severity of symptoms: Condition mild or normal post treatment	Oldham, 2010 <sup>583</sup>	54/64	45/64	1.20 (0.99; 1.45)	0.141 (-0.002; 0.284)	
PFMT+ reminder	PFMT+ Bladder training	Continence	Alenijnse, 2003 <sup>479</sup>	17/52	21/51	0.79 (0.48; 1.32)	-0.085 (-0.271; 0.101)	
PFMT+ video tape	PFMT	“Routine” pelvic floor exercises, response=yes	Gallo, 1997 <sup>531</sup>	41/43	22/43	1.86 (1.38; 2.51)	0.442 (0.280; 0.604)	2 (2; 4)
PFMT+ video tape	PFMT	Number of times per day patient performed pelvic floor exercises, response=two	Gallo, 1997 <sup>531</sup>	34/43	4/43	8.50 (3.30; 21.89)	0.698 (0.548; 0.847)	1 (1; 2)
Face to face training	Telemedicine	Urinary incontinence	Hui, 2006 <sup>542</sup>	2/27	4/31	0.57 (0.11; 2.89)	-0.055 (-0.209; 0.099)	
Weight loss	Education	≥70% improvement in weekly UI episodes: urge: 18 months	Wing, 2010 <sup>616</sup>	106/226	38/112	1.38 (1.03; 1.85)	0.130 (0.021; 0.239)	8 (4; 49)
Weight loss	Education	≥70% improvement in weekly UI episodes: Total: 12 months	Wing, 2010 <sup>616</sup>	104/226	35/112	1.47 (1.08; 2.01)	0.148 (0.040; 0.255)	7 (4; 25)
Weight loss	Education	≥70% improvement in weekly UI episodes: stress:12 months	Wing, 2010 <sup>616</sup>	145/226	54/112	1.33 (1.07; 1.65)	0.159 (0.048; 0.271)	6 (4; 21)
Weight loss	Education	≥70% improvement in weekly UI episodes: urge: 12 months	Wing, 2010 <sup>616</sup>	106/226	39/112	1.35 (1.01; 1.80)	0.121 (0.011; 0.230)	8 (4; 89)
Weight loss	Education	Reduction in weekly stress urinary incontinence episodes at 12 months	Wing, 2010 <sup>616</sup>	147/226	53/112	1.37 (1.11; 1.71)	0.177 (0.066; 0.289)	6 (3; 15)