

Appendix Table F133. Scoring of quality of life after PFMT with biofeedback vs. vaginal cones (individual RCTs)

Reference sample/men	Active	Control	Definition of quality of life	Randomized active/control	Active mean/standard deviation	Control mean standard deviation	Mean difference (95% CI)
Seo, 2004 ⁵⁹⁴ /0	Pelvic floor exercise (5 second contraction and 10 second relaxation, 3-5 times for >5 minutes/day) and functional Electrical Stimulation Biofeedback (35Hz-50Hz for 24 seconds); 2 training sessions/week	Vaginal cone, 150-gram dumbbell-shaped made of fine ceramic material	Changes in sexual life	60/60	-0.19/0.12		
Seo, 2004 ⁵⁹⁴ /0	Pelvic floor exercise (5 second contraction and 10 second relaxation, 3-5 times for >5 minutes/day) and functional Electrical Stimulation Biofeedback (35Hz-50Hz for 24 seconds); 2 training sessions/week	Vaginal cone, 150-gram dumbbell-shaped made of fine ceramic material	Changes in daily life	60/60	-0.27/0.11		
Seo, 2004 ⁵⁹⁴ /0	Pelvic floor exercise (5 second contraction and 10 second relaxation, 3-5 times for >5 minutes/day) and functional Electrical Stimulation Biofeedback (35Hz-50Hz for 24 seconds); 2 training sessions/week	Vaginal cone, 150-gram dumbbell-shaped made of fine ceramic material	Changes in difficulty in personal relationships	60/60	-0.29/0.14		

Appendix Table F133. Scoring of quality of life after PFMT with biofeedback vs. vaginal cones (individual RCTs) (continued)

Reference sample/men	Active	Control	Definition of quality of life	Randomized active/control	Active mean/standard deviation	Control mean standard deviation	Mean difference (95% CI)
Seo, 2004 ⁵⁹⁴ /0	Pelvic floor exercise (5 second contraction and 10 second relaxation, 3-5 times for >5 minutes/day) and functional Electrical Stimulation Biofeedback (35Hz-50Hz for 24 seconds); 2 training sessions/week	Vaginal cone, 150-gram dumbbell-shaped made of fine ceramic material	Changes in quality of life	60/60	-0.27/0.13		
Cammu, 1998 ⁵¹¹ /0	Weekly session of pelvic floor exercises vaginal probe-EMG biofeedback using perineometer	Vaginal weight cones	Visual analogue scale (0–10)	30/30	2.60/2.10	2.90/2.40	-0.30 (-1.44;0.84)
Cammu, 1998 ⁵¹¹ /0	Weekly session of pelvic floor exercises vaginal probe-EMG biofeedback using perineometer	Vaginal weight cones	Visual analogue scale (0–10)Severity of incontinence	30/30	2.10/2.10	3.40/3.30	-1.30 (-2.70;0.10)