Appendix Table F135. Scoring of quality of life after circular muscle exercises (Paula method) vs. PFMT (individual RCTs)

Reference sample/men	Outcome	Randomized active/control	Active mean/standard deviation	Control mean standard deviation	Mean difference (95% CI)
Liebergall-Wischnitzer, 2009[559] /0	Mean I-QOL improvement	117/123	10.80/18.76	9.80/20.37	1.00 (-3.95; 5.95)
Liebergall-Wischnitzer, 2009[559] /0	I-QOL overall score	117/123	83.10/5.10	78.10/17.60	5.00 (1.76; 8.24)
Liebergall-Wischnitzer, 2005[560] /0	Change from baseline in quality of life-avoidance, limiting behaviors scores (8 items)	31/32	9.80/17.30	9.50/27.40	0.30 (-11.66; 11.06)
Liebergall-Wischnitzer, 2005[560] /0	Change from baseline in quality of life-avoidance, social embarrassment scores (5 items)	31/32	14.00/23.00	9.30/13.00	4.70 (-13.89; 4.49)