

Appendix Table F136. Clinical outcomes after circular muscle exercises (Paula method) vs. PFMT (individual RCTs)

Reference sample/men	Outcome	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95%CI)
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 240/0	Leakage annoyance often/very often	117/123	14/12	29/24	0.51 (0.28; 0.91)	-0.12 (-0.21; -0.02)	-9 (-48; -5)	-116 (-211 ; -21)
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 240/0	Leakage amount moderate/very large	117/123	17/15	25/20	0.71 (0.41; 1.25)	-0.06 (-0.15; 0.04)		
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 240/0	Feelings of bladder fullness	117/123	16/14	22/18	0.76 (0.42; 1.38)	-0.04 (-0.13; 0.05)		
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 240/0	Leakage frequency monthly or once in several months	117/123	26/22	25/20	1.09 (0.67; 1.78)	0.02 (-0.08 ; 0.12)		
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 240/0	Daily-weekly	117/123	65/56	61/50	1.12 (0.88; 1.43)	0.06 (-0.07; 0.19)		