

**Appendix Table F137. Comparative effectiveness on quality of life after PFMT vs. active controls (individual RCTs)**

Reference sample/men	Active	Control	Definitions of the outcomes	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 <sup>559</sup> 240/0	Circular muscle exercises (Paula method)	PFMT group	Leakage annoyance not at all/seldom/sometime	117/123	81/69	59/48	1.44 (1.16; 1.80)	0.21 (0.09; 0.33)	5 (3; 11)	213 (91;334)
Morkved, 2002 <sup>574</sup> 103/0	Pelvic floor muscle training with a biofeedback apparatus	Pelvic floor muscle training without biofeedback	Urinary incontinence is very problematic	53/50	1/2	3/6	0.31 (0.03; 2.92)	-0.04 (-0.12; 0.03)		
Sherman, 1997 <sup>595</sup> 39/0	Pelvic muscle exercises with vaginal EMG probe.	Pelvic muscle	Best activity level	23/16	4/0	5/0	0.56 (0.18; 1.76)	-0.14 (-0.41; 0.14)		
Williams, 2006 <sup>615</sup> /0	Pelvic floor muscle therapies	Vaginal cone therapy	Odds ratio of satisfaction with current urinary symptoms for rest of life	79/80			1.02 (0.54;1.95)			
Williams, 2006 <sup>615</sup> /0	Pelvic floor muscle therapies	Behavioral intervention	Odds ratio of satisfaction with current urinary symptoms for rest of life	79/79			0.77 (0.40;1.47)			
Glavind, 1996 <sup>535</sup> 40/0	Physiotherapy in combination with biofeedback	Physiotherapy	Acceptance of degree of incontinence	20/20	15/75	10/50	1.50 (0.90; 2.49)	0.25 (-0.04; 0.54)		