

Appendix Table F138. Scoring of quality of life after PFMT (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)
Borello-France, 2008 ⁴⁹⁸ /0	High-frequency (4 times per week)	Low-frequency (1 time per week)	Change in incontinence impact questionnaire score	22/22	-4.00/10.60	-6.00/27.00	2.00 (-10.12; 14.12)
Borello-France, 2008 ⁴⁹⁸ /0	High-frequency (4 times per week)	Low-frequency (1 time per week)	Change in Brink score	22/22	0.00/0.97	0.00/1.00	0.00 (-0.58; 0.58)
Demain, 2001 ⁵¹⁴ /0	Three educational group sessions, PFMT	One 45-minute individual instruction in PFMT	Incontinence impact questionnaire score (0 to 100 worse)	22/22	14.30/22.73	7.10/28.72	7.20 (-8.10; 22.50)
Williams, 2006 ⁶¹⁵ /0	Pelvic floor muscle therapies	Vaginal cone therapy	Median (interquartile range) impact score	79/80			-0.46 (-3.09; 2.18)
Williams, 2006 ⁶¹⁵ /0	Pelvic floor muscle therapies	Primary behavioral intervention	Median (interquartile range) impact score	79/79			-0.02 (-2.78; 2.75)
Kincade, 2007 ⁵⁵⁰ /0	Self-monitoring group with training on fluid intake, voiding frequency, and PFMT	Quick Kegel	Quality of life using Incontinence impact questionnaire with scores 0-400 (worse)	117/107	99.30/96.60	112.10/89.90	-12.80 (-37.22; 11.62)