Appendix Table F87. Clinical outcomes after pelvic floor muscle training compared to no active treatment (results from RCTs pooled with random effects models)

Outcome	Reference	Active events/ randomized	Control events/ randomized	Relative risk (95% CII)	Weight, %	Absolute risk difference (95% CI)	Weight %	Inclusion of mixed UI
Continence	Hung, 2010[543]	5/35	1/35	5.00 (0.62; 40.64)	6	0.11 (-0.01; 0.24)	12	Not reported
Continence	Kim, 2009[546]	34/74	10/73	3.35 (1.79; 6.28)	19	0.32 (0.18; 0.46)	12	Yes
Continence	Lagro-Janssen, 1991[554]	7/33	1/33	7.00 (0.91; 53.78)	6	0.18 (0.03; 0.33)	12	No
Continence	Burns, 1993[507]	7/43	1/39	6.35 (0.82; 49.32)	6	0.14 (0.02; 0.26)	13	Yes
Continence	Bo, 1999[493]	11/29	2/32	6.07 (1.47; 25.12)	10	0.32 (0.12; 0.51)	10	No
Continence	Aksac, 2003[478]	15/20	0/10	16.24 (1.07; 246.51)	4	0.75 (0.53; 0.97)	9	No
Continence	Williams, 2006[615]			1.59 (0.43; 5.87)				Yes
Continence	Kim, 2007[548]	19/35	3/35	6.33 (2.06; 19.49)	13	0.46 (0.27; 0.65)	10	No
Continence	Castro, 2008[253]	10/31	3/30	3.23 (0.98; 10.59)	12	0.22 (0.03; 0.42)	10	Not reported
Continence	Hung, 2010[543]	34/35	23/35	1.48 (1.16; 1.89)	23	0.31 (0.15; 0.48)	11	Not reported
Pooled		142/414	45/401	4.35 (2.83; 6.7)	100	0.30 (0.17; 0.42)	100	
Heterogeneity p value I squared				0.90	0	0	79.2	
Improved UI	Aksac, 2003[478]	5/20	2/10	1.25 (0.29; 5.35)	18	0.05 (-0.26; 0.36)	14	No
Improved UI	Castro, 2008[253]	12/31	2/30	5.81 (1.42; 23.79)	18	0.32 (0.13; 0.51)	17	Not reported
Improved UI	Burns, 1990[506]	21/38	0/40	45.21 (2.83; 720.96)	11	0.55 (0.39; 0.71)	17	Yes
Improved UI	Burns, 1993[507]	23/43	2/39	10.43 (2.63; 41.39)	18	0.48 (0.32; 0.65)	17	Yes
Improved UI	Hung, 2010[543]	25/35	21/35	1.19 (0.85; 1.68)	23	0.11 (-0.11; 0.34)	16	Not reported

Appendix Table F87. Clinical outcomes after pelvic floor muscle training compared to no active treatment (results from RCTs pooled with random effects models) (continued)

Outcome	Reference	Active events/ randomized	Control events/ randomized	Relative risk (95% CII)	Weight, %	Absolute risk difference (95% CI)	Weight %	Inclusion of mixed UI
Improved UI	Lagro-Janssen, 1991[554]	28/33	0/33	57.00 (3.62; 896.38)	11	0.85 (0.718; 0.98)	18	No
Pooled		114/200	27/187	5.44 (1.57; 18.83)	100	0.41 (0.17; 0.65)	100	
Heterogeneity p value I squared				0.00	80.00	0.00	90.00	
Treatment failure	Hung, 2010[543]	0/35	1/35	0.33 (0.01; 7.91)	12	-0.03 (-0.10; 0.05)	39	Not reported
Treatment failure	Bo, 2000[494]	1/29	12/30	0.09 (0.01; 0.62)	24	-0.37 (-0.55; -0.18)	32	
Treatment failure	Castro, 2008[253]	11/31	19/30	0.56 (0.32; 0.97)	64	-0.28 (-0.52; -0.04)	29	Not reported
Pooled		12/95	32/95	0.33 (0.102; 1.10)	100	-0.21 (-0.45; 0.02)	100	
Heterogeneity p value I squared				0.20	39.00	0.00	84.80	