

Appendix Table F88. Quality of life after pelvic floor muscle training compared to no active treatment (individual RCTs)

Reference sample/men	Active	Definition of quality of life	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)
Bo, 2000 ⁴⁹⁴ 59/0	8-12 maximum contractions in 3 series/day and 45 minutes/week group sessions	Dissatisfaction from spending the rest of the life with symptoms as now	29/30	1/4	11/38	0.09 (0.01; 0.68)	-0.33 (-0.52; -0.15)	-3 (-7; -2)	-332 (-517;-147)
Bo, 2000 ⁴⁹⁴ 59/0	8-12 maximum contractions in 3 series/day and 45 minutes/week group sessions	Problem with pain in intercourse	29/30	3/11	10/33	0.31 (0.09; 1.01)	-0.23 (-0.43; -0.03)	-4 (-36; -2)	-230 (-432;-28)
Bo, 2000 ⁴⁹⁴ 59/0	8-12 maximum contractions in 3 series/day and 45 minutes/week group sessions	Problem with sex-life spoiled by urinary symptoms	29/30	3/11	15/50	0.21 (0.07; 0.64)	-0.40 (-0.61; -0.19)	-3 (-5; -2)	-397 (-607;-186)
Bo, 2000 ⁴⁹⁴ 59/0	8-12 maximum contractions in 3 series/day and 45 minutes/week group sessions	Sex-life spoiled by urinary symptoms	29/30	5/17	15/50	0.34 (0.14; 0.83)	-0.33 (-0.55; -0.10)	-3 (-10; -2)	-328 (-553;-102)
Bo, 2000 ⁴⁹⁴ 59/0	8-12 maximum contractions in 3 series/day and 45 minutes/week group sessions	Overall interference with life	29/30	16/56	25/82	0.66 (0.46; 0.95)	-0.28 (-0.51; -0.06)	-4 (-18; -2)	-282 (-506;-57)
Lagro-Janssen, 1991 ⁵⁵⁴ 66/0	5- 10 sessions of 10 pelvic muscle contractions held for 6 seconds daily	Improvement in psychological impact of urinary incontinence	33/33	23/70	0/0	47.00 (2.97; 742.97)	0.70 (0.54; 0.86)	1 (1; 2)	697 (536;857)
Lagro-Janssen, 1991 ⁵⁵⁴ 66/0	5- 10 sessions of 10 pelvic muscle contractions held for 6 seconds daily	Improvement in restrictions of activities	33/33	25/75	2/6	12.50 (3.22; 48.56)	0.70 (0.53; 0.86)	1 (1; 2)	697 (530;864)